



06. WORKING AT HEIGHT

PLAN. PREPARE. PROTECT. PREVENT FALLS.

Working at Height is no child's play.

It can be life threatening.

WHY THIS MATTERS

Falls from height are one of the leading causes of serious injuries and fatalities in the workplace. Most falls are preventable when the right precautions are taken, equipment is used correctly, and safe work practices are followed.

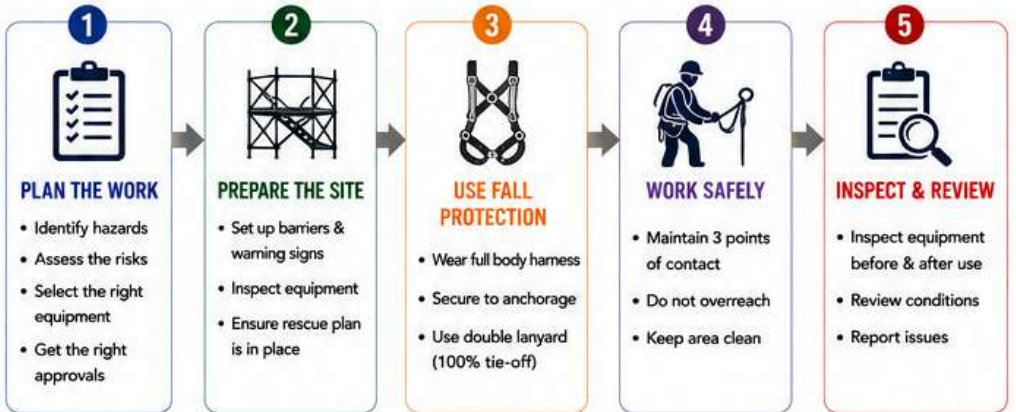
Your life is irreplaceable. Work safely at height.



COMMON HAZARDS

- UNPROTECTED EDGES & OPENINGS**
 Roofs, platforms, floor openings, shafts, pits, and balconies.
- IMPROPER EQUIPMENT**
 Damaged ladders, weak scaffolds, missing guardrails, faulty harnesses.
- FALLING OBJECTS**
 Tools, materials or debris falling from height can injure others.
- ADVERSE WEATHER**
 Strong winds, rain, or storms increase the risk.
- HUMAN FACTORS**
 Rushing, fatigue, poor training and lack of focus.

SAFE WORKING AT HEIGHT – 5 STEPS



- ### KEY SAFETY RULES
- ✓ Use fall protection when working at 1.8 meters or higher.
 - ✓ Always wear a full body harness and lanyard.
 - ✓ Anchor to a secure and approved anchorage point.
 - ✓ Inspect ladders before use – maintain 4:1 angle.
 - ✓ Ensure scaffolds are stable and inspected.
 - ✓ Do not climb on guardrails or cross-bracing.
 - ✓ Secure tools and materials to prevent falling.
 - ✓ Never work at height alone where possible.
 - ✓ Report unsafe conditions immediately.

DID YOU KNOW?

Proper fall protection can reduce the risk of serious injury or death by up to 90%.

A few minutes of preparation can save a lifetime.

DISCUSSION QUESTIONS

- 1 What work at height tasks do we perform?
- 2 What hazards exist in our work areas?
- 3 What fall protection equipment is required?
- 4 What should we do if equipment is damaged?

CHECK BEFORE YOU CLIMB

- ✓ Is the work at height necessary?
- ✓ Do I have the right training?
- ✓ Is my fall protection equipment inspected and in good condition?
- ✓ Is my anchorage secure?
- ✓ Is the area below secured?
- ✓ Is weather safe to work?

If any answer is NO – STOP and rectify.

REAL-LIFE EXAMPLE

A worker was on a roof without wearing a harness. He slipped on a wet surface and fell 4 meters, resulting in multiple fractures. Investigation revealed he was not wearing fall protection and the weather conditions were not assessed.

Always follow the rules. It might save your life.

SUPERVISOR SIGN-OFF

Discussed with crew by: _____ Date: _____

SAFETY MESSAGE

Working at height is a choice. Coming down safely is a priority.