

Overview

This standard is for those who work at heights and includes assessing the risks involved, taking all suitable precautions and following the correct procedures.

This standard applies to individuals who work at heights, including those working for example, on containers, gantries, ladders or similar structures from where there is a danger of falling.

Maintaining health and safety is of paramount importance at all times when working at heights.

“Work at height” means work in any place where, if precautions were not taken, a person could fall a distance liable to cause personal injury.

Performance criteria

You must be able to:

1. undertake the work according to an agreed plan
2. assess correctly the risks associated with the task to be undertaken, taking into account the potential dangers of falling, of dropping tools and debris, the stability of ladders, the working area, any overhead cables and equipment, and other people in the vicinity
3. carry out all work in line with the risk assessment and control measures
4. wear suitable personal protection equipment (PPE) correctly, including, where relevant, a full body harness, ensuring that these are in good condition and functioning properly
5. ensure that safety barriers are in place around the working area
6. obtain a permit to work, where required, before working at heights and close it out once work is complete
7. use protection equipment properly
8. undertake all required pre-use checks, including checking safe access and egress, fragile surfaces, emergency evacuation and rescue and ensuring that height access equipment is free from obvious defects before use
9. confirm that height access equipment is deployed and secured before operations and used correctly
10. maintain frequent communication with an identified colleague
11. leave work areas clean, tidy and free of obstructions
12. use and store all height access and personal protective equipment correctly

Knowledge and understanding

You need to know and understand:

1. your own individual responsibility relating to maintaining safe working practices and procedures when working at heights
2. the risks associated with working at heights, including when carrying or handling objects, and how to control these risks
3. the precautions appropriate to minimising risks associated with working at heights
4. the requirements for the safe use of ladders

Organisational specific knowledge and understanding

5. your organisation's policies and procedures for preparing for, and working at heights
6. your organisation's procedures for using and storing height access and personal protective equipment (PPE)
7. how to operate your organisation's fall protection equipment
8. your organisation's emergency evacuation and rescue procedure

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Work safely at heights



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