

What is  
"Working at  
Height"?



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# Working at Height

Basically, any height where a member of the team could fall to a lower level and hurt themselves.



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This could be a fall

- into a hole in the ground

(think inspection holes for confined space entry)

- through a fragile surface

(think roof lights)

- off an open edge

(think a platform with no protection or barrier from falling off)

- down a slope

(think of a pitched roof or embankment)

- from a ladder  
or platform



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This could be a fall

1. into a hole

this may be at height or at ground level

(and may be a confined space)

- inspection holes in roads
- pits in production or manufacturing plants
- chambers of vessels or tanks
- trenches on construction sites
- wells
- access between floor levels



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## 2. through a fragile surface

- roof lights on houses or industrial units
- certain roofing materials

(especially if old, not well maintained and have been exposed to the sun/wind etc)

- roofing sheets that have been joined (with no structural support beneath)



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### 3. off an open edge

- platforms being used or formed during the construction or demolition phases of a project
- working on the top or back of a lorry, van bus, container or other temporary platform
- a roof or scaffold without a barrier



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4. down a slope

- railway / road / river embankments  
or cuttings

- pitched roofs

- steep ground in construction,

forestry, landscaping - inland or on

coastlines (in fact, almost anywhere!)



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## 5. from a ladder or platform

- stepladders and hop ups topple if used incorrectly

- extension ladders can slide easily and are not a stable platform if unsecured

- MEWP (mobile elevated working platforms), scissor lifts or cherry pickers

(if used incorrectly without training or work restraint)



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Want more tips?

[elementsafety.co.uk/tips](http://elementsafety.co.uk/tips)



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