

"Working at
Height"?

~~Tackled~~



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

What is "Working at Height?"



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



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

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)

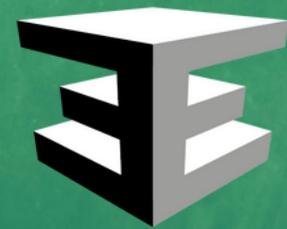
- off an open edge

(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



ELEMENT

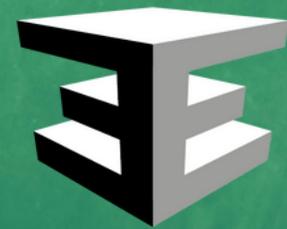
SAFETY ♦ TRAINING ♦ RESCUE

Measures to protect people

1st – **Avoid** Work at Height

2nd – **Prevent** a fall (using collective protection as the best option)

3rd – **Minimise** a fall (using personal protection as the last option)



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

This could be a fall

1. into a hole

Avoid

- Fill the hole in
- Move the task away from the hole

Prevent

- Cover the hole over
- Erect barriers around the hole

Minimise

- Fill most of the hole in, reducing the height of fall



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

This could be a fall

2. through a fragile surface

Avoid

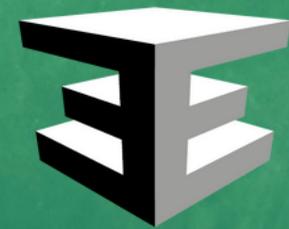
- Do the task from the ground

Prevent

- Create a safe working platform
(no weight placed on the fragile surface)

Minimise

- Use the minimal load on the surface and use specialised skills / materials to support that load
- Use nets or other methods to prevent injury



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

This could be a fall
3. off an open edge

Avoid

Change design or work from the ground and lift in to place at the end

Prevent

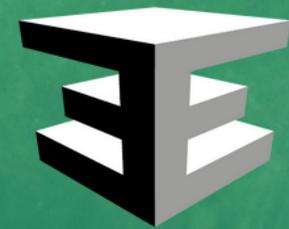
Erect a temporary barrier

Provide a temporary safe working platform

Use a work restraint system

Minimise

Use fall arrest systems or air bags (for example)



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

This could be a fall

4. down a slope

Avoid

Can the work be done remotely?

Prevent

Set up suitable restraint, positioning or arrest systems for operatives to prevent a serious fall if they should slip from their feet

(this I can help with! Slopes Training)

Minimise

Use PPE to reduce the potential injury in case of



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

This could be a fall

5. from a ladder or platform

Avoid

Work from the ground or other more stable platform

Prevent

Secure the ladder / platform and the operative to prevent the hazard occurring

Minimise

Use PPE to reduce the potential injury in case of a fall



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

Remember

Rescue

If you are going to put someone in
to a risk, a place of potential harm,
they must have

Training

Equipment

Rescue Solution

Call - let us help

01143 421 421



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE

Want more tips?

elementsafety.co.uk/tips



ELEMENT

SAFETY ♦ TRAINING ♦ RESCUE