

# Working at Height

Falls from height remain the most common kind of workplace fatality and can easily be prevented by taking simple precautions.

Safety point	Why?	What do you do?
<p>All work at a height where an injury can occur, needs to be assessed by law.</p> <p>If you employ contractors who work at height, you must tell them of any access problems or other problems which could affect their safety.</p> <p>If you employ more than 5 people, your assessment must be recorded.</p>	<p>If you don't assess the work properly then some safety issues could be ignored and ultimately contribute to a fall from height.</p> <p>If a contractor has an accident and it was caused because you had not told them of any problems, then you may be liable. In addition, if you see them doing something you believe is dangerous, you must inform them.</p> <p>The law requires that the assessment must be recorded if you employ more than 5 persons.</p>	<p>Does any work on your premises involve working at height? ie changing lightbulbs, storing items on high level shelving Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Have you carried out an assessment? (Next page) Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>If not, what have you done?</p> <div style="border: 1px solid black; height: 60px; width: 100%;"></div>

Safety point	Why?	What do you do?
<p>Working from ladders can be justified if a suitable assessment is carried out as long as:</p> <ol style="list-style-type: none"> <li>The work from a ladder is for short duration only. (30mins max)</li> <li>The equipment used from the ladder is lightweight. (10kg max)</li> <li>Three points of contact must be maintained throughout the work. (Unless very briefly ie changing a light bulb)</li> </ol>	<ol style="list-style-type: none"> <li>Concentration levels are reduced the longer a person works up a ladder.</li> <li>Additional weight causes unstable working conditions and extra stress on the ladder.</li> <li>To ensure maximum stability and eliminates overstretching.</li> </ol>	<p>Ladders are stored away in a safe place. Where <div style="border: 1px solid black; height: 20px; width: 100%;"></div></p> <p>Ladders are regularly checked for defects. By <div style="border: 1px solid black; height: 20px; width: 100%;"></div></p> <p>The ladder is suitable for the task. Agreed by <div style="border: 1px solid black; height: 20px; width: 100%;"></div></p> <p>You employ a contractor to do work at height where a risk assessment cannot justify the task in hand. Agreed by <div style="border: 1px solid black; height: 60px; width: 100%;"></div></p>

## What else do I need to make sure?

- Anyone using ladders or kick stools must be suitably capable and fit enough.
- Anyone using ladders must be competent enough to do the work and to use the ladder.
- Leaning ladders must be suitably secured to prevent slipping or toppling.
- Suitable footwear must be worn when using ladders.
- Always move the ladder, never overstretch.

# Generic Risk Assessment Guidelines for using ladders

Name of person completing assessment:.....

ACTIVITY: Using ladders for access or as a work place for cleaning, maintenance, painting, decorating, ceiling work, electrical work, plumbing, inspections, garden work etc.

## Most common hazards

OVERREACHING	SIDEWAYS LOADING e.g Drilling	LOSING BALANCE
1. Ladder becomes unstable 2. User or tools could fall 3. User or tools could strike a person below	1. User pushes himself & steps off balance & falls 2. User, ladder or tools could strike persons below	1. User loses balance 2. User grabs ladder & becomes unstable 3. User, ladder or tools fall 4. User, ladder or tools strike persons below

People at risk: Users and others on site

## Control measures (All responses must be 'Yes')

Is the ladder strong enough for the task?	YES/NO
Is the ladder suitable for the task?	YES/NO
Is the ladder capable of reaching the required height?	YES/NO
Has the ladder been inspected for damage before use and considered safe?	YES/NO
Can the ladder be positioned safely without slipping or falling?	YES/NO
Is footwear suitable for working on a ladder?	YES/NO
Will only one person be working on the ladder?	YES/NO
Is the person using the ladder competent and fit?	YES/NO
Ground conditions: (are they firm, level & stable?)	YES/NO
Do weather conditions allow safe use of the ladder? (e.g. wind, rain, snow, ice, temperature & sun)	YES/NO
Will duration of the task without a break be less than 30 minutes?	YES/NO
Has the risk of electrical shock been considered? (e.g. no LIVE electrical conductors within a dangerous proximity)	YES/NO
Is it possible to carry materials, equipment & tools, climb the ladder & work safely whilst maintaining a handhold?	YES/NO
Can the ladder be positioned to avoid overreaching & sideways-on working?	YES/NO
Is the working area around the ladder cordoned off to protect members of the public & other personnel?	YES/NO

**In view of the response to the 'Control Measures' above, a ladder is suitable for the task in hand.**

SIGNATURE ..... DATE .....