

GENERAL WORK AT HEIGHT GOOD PRACTICES

PLANNING AND PREPARATION

Have you conducted a Risk Assessment and have you compiled a Fall Protection Plan ?

TRAINING AND COMPETENCY

Have you identified specific training programmes relevant to your access method and have you verified competence of all employees ?

USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE)

Have you selected suitable PPE specific to your access method, have these items been inspected and maintained and are employees aware of proper usage instructions ?

WORK EQUIPMENT AND PLATFORMS

Have you selected stable and secure working platforms, are they properly constructed and regularly maintained and inspected ? Are you using the correct access method for the type of work you are doing ?

EDGE PROTECTION AND FALL PREVENTION

Have you installed barriers to prevent falls from edges ? Do you perhaps have safety nets where necessary and have you considered to implement Fall Prevention first before reverting to other measures ?

FALL ARREST SYSTEMS

Make use of Fall Arrest Systems such as harnesses and lifelines, when fall prevention is not a viable control measure, ensure that anchor points are properly installed and can support the load.

EMERGENCY PREPAREDNESS

Ensure that emergency procedures are developed and communicated including rescue plans and first aid measures. Ensure that necessary equipment is available and that regular drills and training is conducted.

REGULATORY COMPLIANCE

Always ensure that you comply with regulations, national and international standards and good practice. Maintain records of risk assessments, training, inspections and incidents.

MONITORING AND REVIEW

Conduct regular inspection of equipment, PPE and fall protection systems. Encourage reporting of incidents and near misses and use data collected for continuous review and improvement.



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