



# Work at Height Hazards and Precautions

Work at height is the practice of working at a height from the ground or other surfaces. It can range from working on a ladder or scaffold to working on a roof or skyscraper. This presentation covers the common hazards at work at height and the necessary precautions to ensure safety.



# What is Work at Height?

Work at height is defined as any work on, above, or below ground level where a person could be injured if they fell from that place.

## Examples of Work at Height

Working on roofs, scaffolds, ladders, elevated platforms, and any other elevated structures.

## Mitigating Risks

Measures to ensure safety should be taken to protect against falls and falling objects.

# Common Hazards

Working at height can be dangerous and is associated with a number of hazards. Here are a few to consider:

1

## Falls

A person can fall off an elevated surface due to a lack of safety measures or incorrect use of equipment.

2

## Falling Objects and Debris

Tools and equipment that are dropped or knocked off an elevated surface can injure people below.

3

## Structural Failures

The structure may collapse due to faulty workmanship or design.

# Preparation and Planning

Preparation and planning are critical when it comes to working at height. Here are some important considerations:



## Appropriate Equipment

Ensure that appropriate equipment and tools are available and in good condition.



## Correct Use of Equipment

Ensure employees are trained to use equipment correctly, including proper installation and use of personal fall protection systems.

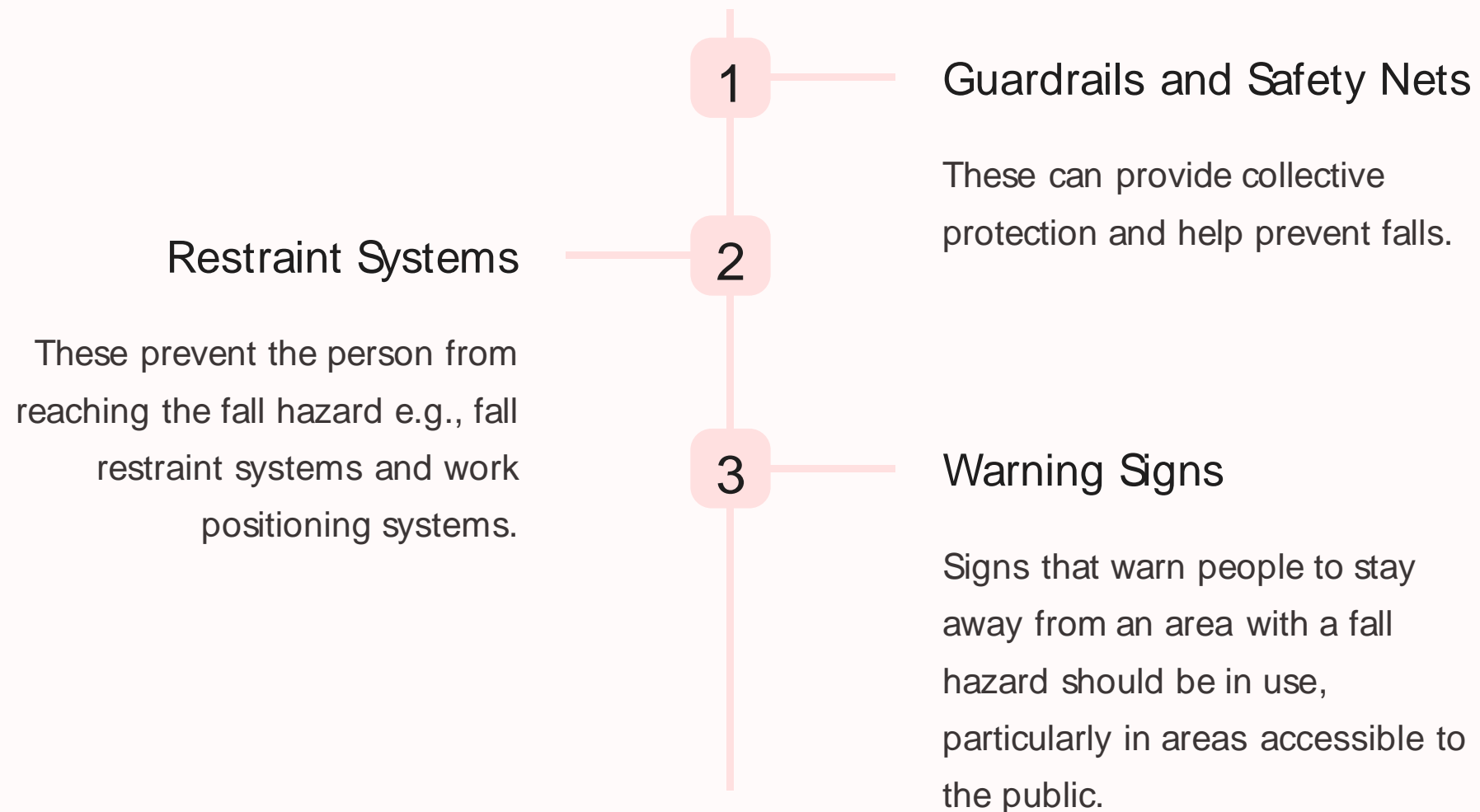


## Site Inspection

Conduct regular site inspections to identify potential hazards and to ensure employees follow recommended safety procedures.

# Safety Precautions and Control Measures

To mitigate the risks associated with work at height, safety precautions and control measures should be established and enforced. Here are some examples:



# Personal Protective Equipment (PPE)

PPE is an essential component when it comes to working at height. Here are a few examples:

## Hard Hats

Designed to protect the head from falling objects and debris.

## Harnesses

Used in conjunction with a fall arrest system to protect against falls.

## Non-Slip Shoes

Footwear that provides good traction can reduce the likelihood of falls.



# Regulations and Legal Requirements

There are a number of regulations and legal requirements that must be followed related to work at height. Here are a few to keep in mind:



## Building Regulations

Building regulations set out minimum standards for health and safety.



## OSHA Regulations

OSHA sets out workplace safety regulations in the United States.



## Construction Regulations

Construction sites must comply with specific regulations related to working at height.

# Managing and Mitigating Work at Height Risks

Risks associated with work at height can be managed and mitigated by following specific steps. Here are a few:

1

## Assessment of Risks

Conduct a thorough assessment of the risks and severity of injuries that could occur from a fall or falling objects.

2

## Hierarchy of Controls

Establish a hierarchy of controls that minimizes the risk of falls, including collective and personal protective measures.

3

## Training

Train employees on the safe use of equipment, including personal protective equipment.



# Conclusion: Ensuring Safety in Work at Height

Work at height poses significant risks, but by implementing proper safety measures, we can mitigate these risks and protect workers. By conducting risk assessments, establishing control measures, and providing thorough training, we can create a safer work environment. Remember, safety should always be the top priority in any work at height activity.