

Work at Height Training

Introduction

Good Morning, Team.

My name is [Your Name], and I am your Safety Officer. Today, we will be discussing a critical topic — **Work at Height Safety**.

Work at height is one of the leading causes of serious injuries and fatalities in the construction and industrial sectors. Any task performed at a height of **1.8 meters (6 feet) or above** is considered work at height and must be carried out with strict safety measures.

Purpose of Work at Height Training

The purpose of today's training is to ensure that all workers understand the **risks** involved in working at height and are well-prepared to carry out such tasks **safely** and **efficiently**.

By the end of this session, you'll understand:

- The common hazards associated with working at height.
 - The precautions and safety controls required.
 - The use of PPE and fall protection systems.
 - How to respond in case of an emergency.
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What is Work at Height?

Work at height includes any activity where a person could fall and injure themselves. Examples include:

- Working on scaffolding, ladders, or platforms
- Working on rooftops or elevated structures
- Working near floor openings or unguarded edges
- Accessing tanks, silos, or elevated machinery

Whether you're six feet up or sixty — the danger is real, and so are the consequences of neglecting safety.

Pre-Work Preparations

Before beginning any work at height, complete these essential steps:

1. Risk Assessment

Identify potential fall hazards, fragile surfaces, or unstable ground. Understand the nature of the task, tools, and work environment.

2. Permit to Work

Obtain a **Work at Height Permit** from your supervisor. This verifies that safety conditions and controls are in place.

3. Weather Conditions

Check for high winds, rain, or lightning that could make working at height dangerous.

4. Equipment Inspection

Inspect ladders, scaffolds, harnesses, lanyards, and anchorage points for damage or wear.

5. Emergency Plan

Know the rescue procedure in case someone falls or becomes stuck while working at height.

Personal Protective Equipment (PPE)

Wearing the correct PPE is essential. Always ensure:

- **Full Body Harness:** Must be worn when using fall arrest systems.
- **Shock-Absorbing Lanyard:** Reduces the impact in case of a fall.
- **Anchorage Point:** Attach the lanyard to a certified, load-rated anchor.
- **Hard Hat with Chin Strap:** Protects against falling objects and head injury.
- **Non-Slip Safety Footwear:** Provides grip and stability on ladders or scaffolds.
- **Gloves:** Ensure better grip and hand protection.

10 Hazards of Working at Height

1. Falls from Ladders or Platforms

Using unstable or unsecured ladders/platforms can lead to fatal falls.

2. Collapsing Scaffolding

Improperly erected or overloaded scaffolds can collapse suddenly.

3. Falling Objects

Tools, materials, or debris can fall and strike people below.

4. Slippery Surfaces

Wet or oily platforms increase the risk of slipping and falling.

5. Fragile Roofs

Stepping on skylights or weak roof panels can cause them to break.

6. Poor Lighting

Working at height in dim light can lead to missteps or tripping.

7. Electrical Hazards

Working near power lines or exposed wiring can result in electrocution.

8. Unprotected Edges

Open edges without guardrails increase the risk of falling.

9. Improper Use of PPE

Wearing a harness incorrectly or using damaged fall arrest gear provides no protection.

10. Bad Weather Conditions

Strong winds or rain can destabilize workers and equipment.

10 Safety Precautions for Work at Height

1. Use Proper Access Equipment

Use certified ladders, scaffolds, aerial lifts — not makeshift platforms like chairs or boxes.

2. Secure Tools and Materials

Use tool lanyards and keep platforms tidy to prevent falling objects.

3. Always Wear a Harness

Use a full-body harness with a shock-absorbing lanyard attached to an approved anchor point.

4. Ensure Guardrails and Toe Boards

Scaffolds and elevated platforms must have proper edge protection.

5. Never Overreach

Maintain your center of gravity. Move the ladder or reposition yourself — don't stretch or lean.

6. Keep Three Points of Contact

When climbing ladders, always maintain two hands and one foot, or two feet and one hand in contact.

7. Avoid Work in High Winds or Rain

Delay or reschedule work if conditions become unsafe.

8. Barricade the Drop Zone

Prevent people from walking below the work area to avoid falling object injuries.

9. Train and Authorize Workers

Only trained and authorized personnel should perform tasks at height.

10. Inspect PPE and Equipment Daily

No PPE or access equipment should be used unless it has been inspected and deemed safe for use.

During Work at Height

- **Maintain Communication:** Always stay in touch with the ground team or spotter.
- **Stay Alert:** Be aware of your surroundings and co-workers.
- **Use Fall Arrest Systems:** Make sure lifelines and harnesses are attached and functional.
- **Avoid Distractions:** Do not use mobile phones or engage in unrelated tasks.

Post-Work Procedures

1. Dismantle Equipment Safely

Lower tools and materials carefully. Do not throw anything from a height.

2. Reinspect Equipment

Check all PPE and access equipment for damage. Report any wear or faults.

3. Remove Barricades and Signs

Once the area is clear and safe, take down all caution tape and warning signage.

4. Log the Work

Document the completed job, noting any issues or incidents for review.

Emergency Procedures

In case of a fall or incident:

1. **Shout for Help** and activate the emergency response.
2. **Do Not Move the Injured Person** unless there's an immediate danger.
3. **Use the Rescue Plan** to recover the fallen worker using pre-approved methods and trained personnel.
4. **Inform the Supervisor** and ensure medical assistance is on the way.

Conclusion

To summarize:

- Working at height is dangerous — but **completely preventable** when proper steps are followed.
- Always perform **risk assessments**, wear your **PPE**, and use **approved equipment**.
- Never take shortcuts with your safety or that of your team.
- If you're ever unsure — **Stop Work and Ask**.

Let's protect ourselves and each other by staying alert and following safe practices at all times.

Thank you for your attention — and remember: **Safety is a choice. Choose it every time.**