

# Work at Height Safety - Toolbox Talk Script

Good morning team,

Today, we're going to talk about one of the most common — and most dangerous — activities on our site: WORKING AT HEIGHT.

Now, "working at height" doesn't just mean being up on a scaffold 10 meters high. It's any place where a fall could cause injury, whether that's 2 meters up on a ladder, on a roof, inside a plant structure, or even at ground level near an edge or open pit.

Falls from height remain one of the leading causes of fatalities in construction and maintenance work. And the sad truth? Most of these incidents could have been prevented with the right planning, equipment, and behavior.

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## 1. WHY WORK AT HEIGHT SAFETY MATTERS

- Falls from height cause more than 30% of construction fatalities.
- Many accidents happen from low heights — less than 2 meters.
- Weather, poor planning, and rushing the job often contribute.

## 2. WHAT COUNTS AS WORKING AT HEIGHT?

- Above ground/floor level where a fall could injure you.
- Working near an opening or fragile surface.
- Working at ground level but next to a drop, pit, or excavation.

Examples: Scaffolds, ladders, roof work, plant platforms, above machinery.

## 3. HAZARDS IN WORKING AT HEIGHT

- Falls from edges, falls through fragile surfaces.
- Falling objects, equipment failure.
- Slips and trips, environmental hazards.

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## 4. CONTROL MEASURES

- Avoid working at height if possible.
- Use the right equipment (scaffolds, MEWPs, secured ladders).
- Fall prevention (guardrails) and fall arrest (harnesses).
- Safe access/egress, prevent falling objects, control environment.

## 5. PPE

- Full-body harness, shock-absorbing lanyard, hard hat with chin strap.
- Non-slip boots, gloves with grip, hi-vis clothing.

## 6. DO'S AND DON'TS

### DO:

- Plan before starting.
- Inspect equipment daily.
- Maintain 3-point contact on ladders.

### DON'T:

- Use makeshift platforms.
- Overreach.
- Remove guardrails.
- Work in bad weather without reassessment.

## 7. SAFE WORK STEPS

- Assess, plan, inspect, protect, communicate, work safely, review.

## 8. CASE STUDY

A maintenance worker fell from 3 meters while overreaching on an unsecured ladder. Fatal head injuries occurred. Lesson: Always secure ladders and choose safe methods.

## 9. Q&A

- What's the safest way to prevent a fall?

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- When should you use a harness?
- Name a control to stop falling objects.

## **10. CLOSING WORDS**

We began this morning talking about how working at height can be deadly. Gravity doesn't take a day off. If something is unsafe — stop and fix it. Our goal is simple: everyone goes home safe.

Stay alert, stay safe, and let's have a productive day.