

WORKING AT HEIGHT – including safe use of steps and ladders

Purpose: To reduce the risk of falls from height

WHY ARE THESE RULES IMPORTANT?

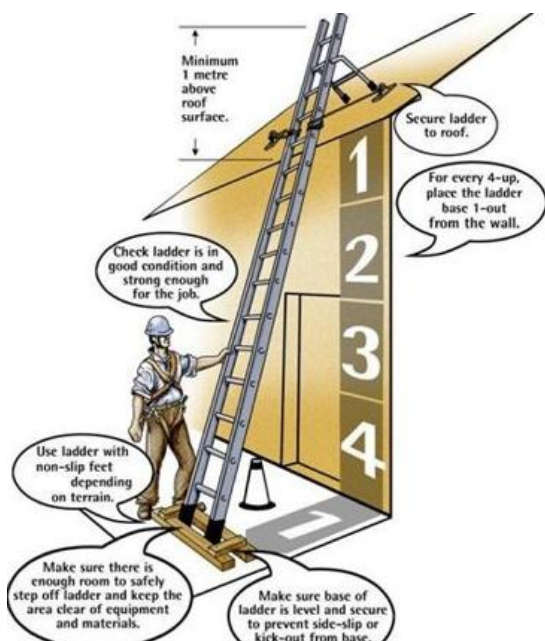
These rules have been made to prevent the deaths and injuries caused each year by falls at work. The Work at Height Regulations 2005 (as amended) applies to all work where there is a risk of a fall liable to cause personal injury. They place duties on employers, the self employed, and any person who controls the work of others.

EMPLOYERS

MUST do all that is reasonably practicable to prevent anyone falling.

AVOID work at height wherever possible **PREVENT** falls where they can not avoid working at height, by providing suitable work equipment or other measures.

Where the risk of a fall cannot be eliminated, provide work equipment or other measures to **MINIMISE** the distance and consequences of a fall should one occur.



EMPLOYEES

MUST use the equipment supplied (including safety devices) properly following any training and instruction.

MUST seek further instructions if you think that it would be unsafe to work at ANY height even using the equipment supplied

LADDERS

Ladders should be in good condition and examined regularly for defects. You should have a management system in place to ensure that this is done.

BEFORE USE check their physical condition to ensure they are free from damage or defects.

PREVENT the ladder from moving by tying it off securely, using an anti-slip device or asking someone else to foot it

MINIMISE the risk of slipping outwards by ensuring the ladder is positioned at a suitable angle. As a rule of thumb this needs to be "one out for every four up".

DO NOT OVERREACH: if you are working from a ladder, make sure it is long enough and positioned to reach the work safely.

DO NOT climb or work off a ladder unless you can hold onto it.

STEPLADDERS

BEFORE USE check their physical condition to ensure they are free from damage or defects: ensure that when erected they are not distorted and are stable with **ALL** 4 legs firmly on the ground.

DO NOT use the top platform of a stepladder unless it is designed with special handholds. Many accidents involving ladders and stepladders do happen during short jobs. Wherever reasonably practicable, use other equipment such as mobile work platforms.

DO NOT USE POORLY MAINTAINED AND/OR FAULTY LADDERS

Important Notice: Your Health & Safety Information Sheet is for guidance only. It does not replace our written Health & Safety policies and procedures and you must make sure you are fully aware of these.

Training Courses: For more details on our Health & Safety Training courses available, please contact our learning Zone department via email:

learningzone@shrec.org.uk or visit our website: www.shrec.org.uk