

Working at height

- Use fall restraints
- Use the right equipment for the job
- Have a spotter



Working at height

Falls – even from relatively low heights – can cause injuries.

Remember to use fall restraints

- Safety harnesses, belts and lanyards will reduce your chances of a fall.
- Look for the 'S' compliance mark to check your gear is up to safety standards.
- Secure the ladder's feet before climbing up.

Use the right equipment for the job

- Carry your tools on a belt – not in your hands – so you can use your hands for climbing.
- Choose the right ladder for the job.
- Climb down and move the ladder – rather than stretching out too far.
- Cover your blade when not in use.
- Consider your footwear – is it right for the job you're doing?

Have a spotter/observer

- Where practical, have someone who is currently trained, skilled and experienced watch you while you work to tell you about new hazards.
- The spotter must always stand in a safe place that's close enough to see you working, but far enough away not to be in danger.

IF YOU'RE WORKING IN A MACHINE – Make sure all foot and hand holds on the machinery are clean and not slippery, and that all railings are in place and not loose, so you can't slip or fall.