



BEESWIFT®
FOCUSED ON SAFETY

Product Code

CM1313

Available in Sizes

ONE SIZE

Available in Colours



White
CM1313

DATASHEET

WORK AT HEIGHT POSTER



- User friendly text and clear instructions show employees how to prevent accidents and injury whilst maintaining a healthy working environment
- Durable laminated construction with full colour illustrations
- Compiled by qualified health and safety practitioners
- Size 59 x 42cm (A2 Paper size)

Work at Height

1. The Regulation

The Work at Height Regulations 2005 and the Work at Height (Amendment) Regulations 2007 apply to all those working at height where there is a risk of a fall.

Each year in the UK there are approximately 50 fatalities and over three thousand major injuries caused by falls.

The regulations have been made in order to try to prevent death and injury from falls at work.

The regulations cover working "at height" meaning the person could be at risk of falling, so this may be below ground level.



2. Duty of Care

The regulations place a duty of care on all employers, the self-employed and those in control of others work in the extent that they control the work.

There are three main principles:

- Avoid work at height wherever possible.
- If work at height cannot be avoided then use equipment to prevent falls.
- Where the risk of a fall cannot be completely eliminated, take other measures to reduce the risk, such as fall arrest equipment.

Those in control of work must ensure that:

- Work at height is properly planned and organised.
- Where applicable, weather conditions are considered.
- Those involved in work at height are fully trained and competent.
- The work area and equipment have been inspected and are safe.
- The work has been risk assessed.
- An emergency plan is in place in case of an accident.



3. Ladders

Ladders and stabilisers are the most commonly used pieces of access equipment. Before using a ladder an assessment should be made as to the suitability of a ladder for the task involved or whether an alternative piece of equipment may be used which is safer.

Where the use of a ladder can be justified, then the following criteria should be followed:

- Short duration work.
- Light work not requiring heavy lifting.
- A secure hand hold is available.
- Ladder is secure and does not sway.
- No load overreach.
- Ensure a 75° angle is maintained and the ladder is long enough for the task without overreaching.



4. Mobile Elevating Work Platforms (MEWPs)

Where it is not possible to carry out work at height from an existing structure then mobile access equipment can be used.

- Before a mobile platform is used the risk of an accident must be assessed, the work must be planned, and the operator fully trained in its operation.
- The equipment should have a current inspection report and the operator the platform be clear of obstructions, if visible from the operator's position, it should be considered as high winds can make them unstable.
- When using the platform, it should be kept clear of overhead cables and the ground must be firm.
- Ensure that vehicles do not drive out of the control of the operator and that the platform is clear of obstructions, if visible from the operator's position, it should be considered as high winds can make them unstable.
- For additional safety when a risk of a fall is still a possibility ensure that the worker is secured to the carrier with a harness.
- After use, ensure that the power is switched off and the keys removed.
- Tools and other equipment should be cleared out of the carrier and if the platform is being left unattended it should be made inaccessible to untrained personnel.



5. Scaffolding

Scaffolding should be one of the safest forms of access to working at height. This will only be the case however if suitable precautions are taken.

- Scaffolding should be planned, designed and erected by competent people.
- Scaffolding should allow safe working methods and clear egress during the erection phase.
- The ground should be level and firm enough to support the scaffolding and the area should be clear of persons by and materials while being constructed.
- The scaffold structure should be braced and tied into a permanent structure.
- The scaffold must be able to support the load and be appropriate for the work involved.
- Work areas should be fully boarded, a minimum of 800mm wide, leading areas should have full perimeter girding and guard rails and toe boards should be installed to prevent falls.
- Scaffolding should always be checked if conditions change e.g. in high winds.



6. Fall Arrest

Wherever it is not possible to prevent falls, if work at height cannot be avoided, if using work equipment such as MEWPs is not possible then the use of a safety harness is required to prevent injury should a worker fall.

- The use of a safety harness is only acceptable for rescue work, and the worker must be kept as close as possible to the structure from getting close to the danger.
- It is not recommended to work on an open edge and there is no fall arrest system from a balcony can be used to arrest a fall as a last resort.
- The harness and its attachment should be used in a way that the worker is fully trained and aware of the limitations of the equipment.
- Before using a safety harness, check that the harness is in good condition, the correct size, and the correct way to use it, and ensure it is not damaged or worn.
- An emergency plan should be in place, with a suitable rescue plan in place, with a suitable rescue plan in place, with a suitable rescue plan in place.



