

Guidance Document

G1329

Working at Height

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1 Purpose

The purpose of this guidance document is to highlight one of the most hazardous activities in industry. As a principle, working at height should be avoided as far as is reasonably practicable, and consideration must always be given to alternative methods of achieving the required results. Use work equipment or other measures to prevent falls where working at height cannot be avoided.

Working at height may occur in a number of different conditions, each of which may require a different approach; generic, task specific or site specific risk assessments should be referred to.

This document applies to all work where there is the potential for an operative to fall from a height. This document also applies to work where a falling object could potentially strike any person below the working area.

2 Scope

This guidance document applies to all activities carried out by Stations DLO staff (Escalators & Pumps and Communications & Electrical) which requires working at height.

3 Guidance

3.1 Hazards

3.1.1 Working at height is the most hazardous activity in construction. It accounts for the greatest percentage of injuries in such work situations. The following are the main hazards encountered e.g.

- Falling from platforms, towers and ladders.
- Falling from or through roofs & floor plate voids.
- Being hit by objects falling from height.

3.2 Safety Equipment

3.2.1 Safety equipment will be used as appropriate, according to manufacturer's instructions and may include the following:

- Handrails (Either on roof areas or on mobile access towers, working platforms)
- Toe Boards (Either on roof areas or mobile access towers, working platforms).
- Safety Harness & Lanyards (Unguarded roof/working at height)
- Man safe units (For use where guard rails are not present)
- Crawl Boards / walk boards
- Eyebolts (Where no appropriate fixings are available for securing lanyards)
- Hard hats (Where work is being carried below the area of work at height)
- Bump caps
- Barriers and Signs

3.3 Harnesses

3.3.1 All safety equipment must be inspected prior to being used. Harnesses must be in a clean enough condition for the webbing to be checked for abrasions, cuts or signs of abuse. The suspension rings and all clasps must be inspected for damage. The harness must be worn as instructed (with a lanyard and/or retractable fall arrestor, if required) and 'anchored' to suitable structures able to support.