

Task Risk Control Sheet

Working at Height

Task No: NR/L3/MTC/RCS0216/GH04
Issue: 7

Key Risks!

- Falls from Height
- Fall of objects from Height

Personnel Involved

E&P	✓
S&T	✓
Track	✓
Off Track	✓
Property	✓

Tools / Equipment	Portable / Step Ladders	Portable Scaffolding	Fixed Ladders
Plant	MEWPs		

Work at height covers all places where a person could be injured from a fall, even if it is at or below ground level

SECTION A:- All Risks Working at Height

Key Risks	Controls	Implemented By
Struck by train	<ul style="list-style-type: none"> • See Risk Control Sheets NR/L3/MTC/RCS0216/GA01 – Work on or Near the Line 	All Staff
Underfoot Conditions	<ul style="list-style-type: none"> • See Risk Control Sheet NR/L3/MTC/RCS0216/GH02 – Underfoot Conditions 	All Staff
Third Rail DC Electrified Lines or Overhead AC	<ul style="list-style-type: none"> • See Risk Control Sheets NR/L3/MTC/RCS0216/GA20 – Working adjacent to DC electrified lines Level 1-3 • See Risk Control Sheet NR/L3/MTC/RCS0216/GA21 – Working Near Electrical Overhead Line Equipment 	All Staff
Falls from Height – General	<ul style="list-style-type: none"> • All work at height, including access and egress shall be fully risk assessed for all reactive and planned work. Consider the work to be done and controls to be put in place according to the following hierarchy: • Before commencing work you must visually inspect your harness to ensure there are no obvious defects and check that the tag certifying it has been inspected by a competent person is in date. • When working in the hours of darkness adequate lighting must be provided. <ul style="list-style-type: none"> ➢ Avoid all work at height unless essential i.e. being able to manually lower CCTV camera, signal heads, etc ➢ Prevent falls by using existing safe places of work that do not require the use or addition of work equipment to prevent a fall e.g. flat roof with permanent edge protection ➢ Prevent falls by using work equipment that protects those at risk e.g. mobile elevating work platform, scaffolds, tower scaffold, ➢ Prevent falls by using work equipment provided to protect the individual e.g. work restraint harness (not required when working on scaffolds) ➢ Prevention when harness can not be used an additional risk assessment shall be done and recorded, ➢ Mitigate falls by using work equipment to minimise the distance and consequences of a fall and protect the individual e.g. a personal fall arrest system ➢ Mitigate falls by using work equipment that minimises the consequences of a fall e.g. nets or inflatable injury protection 	<p>Work Planners /Team Leader Line Managers</p> <p>All Staff</p>

Task Risk Control Sheet

SECTION A:- All Risks Working at Height Continued

Key Risks	Controls	Implemented By
Falls from Height – General (Continued)	<ul style="list-style-type: none"> ➤ Mitigate falls through initial training, refresher training, instruction and other means, including inspection of work equipment such as ladders, demarcation zones, warnings, lighting, etc 	Line Manager
	<ul style="list-style-type: none"> • All work at height shall be carried out in a safe manner in conjunction with above controls • Staff shall be provided with and wear suitable safety harnesses / fall arrest equipment, which shall be securely anchored 	Team Leader
Falls from Height - General	<ul style="list-style-type: none"> • Work equipment (as detailed in control hierarchy) shall be selected with regards to the work to be performed • Emergency arrangements shall be put in place, including rescue arrangements 	All Staff
Falls from Height - General	<ul style="list-style-type: none"> • Use the equipment supplied (including safety devices) properly, following any training and instructions. If you feel the task you are asked to perform is unsafe you must follow the worksafe procedure. 	All Staff
	<ul style="list-style-type: none"> • All staff shall be trained to work at height including: <ul style="list-style-type: none"> ➤ Where other precautions do not entirely eliminate the risk of a fall occurring, you shall train those who will be working at height how to avoid falling, and how to avoid or minimise injury to themselves should they fall including Emergency and Rescue ➤ How to use work restraint harnesses or personal fall arrest systems 	Line Manager
Fall of materials / tools, etc	<ul style="list-style-type: none"> • Toe boards shall be installed in addition to safety barriers and guard rails, in addition the provision of debris netting if practicable • Rubbish chutes shall be installed to remove waste safely, if practicable • An exclusion zone shall be established, marked and maintained around the site • Hard hats shall be worn at all times within the area and whilst at height • All tools and equipment must be secured to prevent accidental fall before accessing or egressing the site of work. 	Team Leader
Adverse weather	<ul style="list-style-type: none"> • Adverse weather conditions shall be considered and work at height shall not be performed in high winds – See Risk Control Sheet NR/L3/MTC/RCS0216/GA01 Work on or Near the Line SECTION B Work shall not be performed during icy conditions, heavy rain, thunderstorms 	All Staff

SECTION B:- WORK ON ROOFS

All Tasks	<ul style="list-style-type: none"> • A survey shall be performed of the roof, including inspection of building plans if available, to identify roof type and precautions required, such as crawling boards, etc • Each separate job shall be assessed by a competent person, the precautions and safe systems of work shall be briefed to all staff and enforced 	Team Leader
Adverse weather	<ul style="list-style-type: none"> • Work shall not be performed on roofs or chimneys during icy conditions, heavy rain, thunderstorms, or during high winds 	Team Leader / All Staff

Task Risk Control Sheet

SECTION B:- WORK ON ROOFS - CONTINUED

Key Risks	Controls	Implemented By
Fall of materials / tools, etc	<ul style="list-style-type: none"> • Toe boards shall be installed in addition to safety barriers and guard rails, in addition to the provision of debris netting if practicable • Rubbish chutes shall be installed to remove waste safely, if practicable • An exclusion zone shall be established, marked and maintained around the site • Hard hats shall be worn at all times within the area and on the roof 	Line Manager / All Staff / Team Leader
Fall of Persons from Height	<ul style="list-style-type: none"> • For work on flat roofs (pitch less than 1 in 10) then: <ul style="list-style-type: none"> ➢ Protective barrier shall be set back from the roof edge or roof edge protection provided, including installation of edge protection platforms ➢ Work on flat roofs that have designated walkways and or parapets/hand rails do not require the use of safety harness • Staff shall be provided with and wear restraint/safety harnesses / fall arrest equipment, which shall be securely anchored when anchor points are available 	Team Leader
Fall of Persons from Height (Continued)	<ul style="list-style-type: none"> • For work on sloping roofs (pitch 1 in 10 to 1 in 2) <ul style="list-style-type: none"> ➢ Crawling boards or ladders shall be used or erection of scaffolding or working from mobile elevating work platforms considered ➢ Staff shall be provided with and wear safety harnesses / fall arrest equipment, which shall be securely anchored when anchor points are available ➢ Roof edge protection shall be provided if roof pitch is 1 in 3 or more when dry or 1 in 10 when wet or slippery • Working on steep pitched roofs (greater than 1 in 2) <ul style="list-style-type: none"> ➢ Staff shall be provided with and wear safety harnesses / fall arrest equipment, which shall be securely anchored when anchor points are available ➢ Roof edge protection shall be provided ➢ The erection of scaffolding or working from mobile elevating work platforms shall be considered • Use of safety nets / bags, erected by a competent person shall be considered • Unauthorised access shall be restricted, especially to members of the public • Working on chimneys <ul style="list-style-type: none"> ➢ Staff shall be provided with and wear safety harnesses / fall arrest equipment, which shall be securely anchored when anchor points are available ➢ The erection of scaffolding with a working platform, incorporating suitable fall edge protection, guard rails and toe boards shall be provided or working from mobile elevating work platforms shall be considered • Working on fragile roofs (e.g. asbestos, glass, plastic, cement or sheets) <ul style="list-style-type: none"> ➢ An assessment of the fragility of the roof shall be undertaken before accessing the roof ➢ Treat all parts of the roof as fragile until confirmed otherwise 	Team Leader / All Staff