The purpose is to prevent falls and reduce the consequences if a fall occurs when Working At Height.

To ensure compliance with this rule You should:

• Use fall protection equipment when working outside a protective environment where you can fall over 2 meters to keep you safe. A protective environment includes approved scaffolds, stairs with handrails, and personnel lifts

• If the work requires a permit, check that you are applying the protection specified in the permit before you start Working at Height

• Be aware of what Fall Protection Equipment to use and how to use it

• Visually inspect Fall Protection Equipment and ladders before each use

• Do not use Fall Protection Equipment and ladders that fail inspection

• Use three points of contact when climbing up or down ladders

• Confirm that it is safe to start work at height
Protect yourself against a fall when working at height - clip

**Internal:**

**External:**
If you are the Person In Charge you should:

- Determine whether work can be done in a way that better controls the Risk of a fall
- Mark the unsafe area and put barriers in place
- Identify hazards
- Establish safe methods of work
- Provide adequate resources
- Select, procure and provide appropriate PPE
- Provide training and maintain training records
- Supervise correct work methods
Protect yourself against a fall when working at height

Using Ladder

- Always use the right ladder for the job
- Set the ladder on a levelled and firm ground and secure it by tying off at the top
- Do not extend yourself on the ladder, It is NOT a working platform
- When climbing up or going down, always face the ladder
- Never carry tools and materials when climbing or going down on ladders
Protect yourself against a fall when working at height

Supervisor Tips

- Pose Question to your group
- Allow 5 minutes for discussion on each Question
- Summarize what you have heard before moving to the next Question
- Split big groups up into smaller discussion teams
- Take your time
- Encourage everyone to take part
- Look for real examples from your own workplace
- Find and use real examples of incidents related to this rule from your site
- Link the discussion to real work on site involving the people in the tool box talk
An employee receives a permit to work at height, he should:

a. Check that he is applying the protection specified in the permit before starts Working at Height
b. Be aware of what Fall Protection Equipment to use and how to use it
c. Visually inspect Fall Protection Equipment and ladders before each use
d. Once the equipments are inspected the worker can start work alone
e. Both a, b and c are correct **(Correct Answer)**
Protect yourself against a fall when working at height

Which of the following is FALSE?

- a. Never carry tools and materials when climbing or going down on ladders
- b. Identify hazards
- c. Extend yourself on the ladder, it is a working platform
- d. Provide adequate resources

(correct answer)