

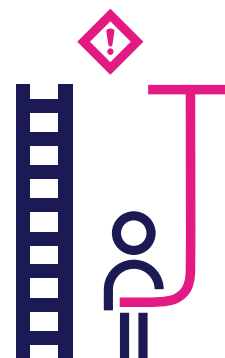
Life Saving Rules: Heights

Why?

These are rules applied when work is performed at elevated positions and where there is a risk of people or equipment falling.

What?

- ✓ Work at height only if qualified for the job.
- ✓ Starting a working at height activity only if I'm physically fit and alert for the job.
- ✓ Always follow working at height procedures.
- ✓ Only use PPE, equipment, ladders and scaffolding that is approved, inspected and maintained.
- ✓ Tie off to an approved anchor point while working outside a protected area.
- ✓ Isolate the work area and drop zone and check if a rescue plan is in place.
- ✓ If I am unsure of the requirements I will stop work immediately and contact my supervisor.



Questions

Open-ended questions

- When do you need to tie off?
- Why do you inspect equipment's before use?
- What are the biggest risks of working at heights, and how can they be prevented?



Experience-based questions

- Have you ever experienced or heard of an incident where someone fell or nearly fell while working at height? What happened?
- Can you share an example of when using proper fall protection prevented an accident?
- Have you ever noticed a situation where someone took a shortcut when working at height? What was the outcome?



What would you do?-questions

- If you see a co-worker about to work at height without tying off properly, what should you do?
- What actions should you take if you notice that a ladder or scaffold appears damaged before use?
- If an object falls from a height while you or someone else is working, what is the safest response?



Spot the improvement-questions

- Are there any areas in our workplace where working at heights could be made safer? What improvements would help?
- Are there any specific areas in our workplace where fall protection is difficult to use or enforce? How can we fix this?
- What changes could we make to improve emergency preparedness for working at height?

