

Working at Height

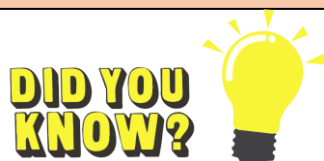
Company:	Amspec Limited	CITB Registration No:	3128200
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Session Title	TOOL BOX TALKS Working at Height	Date: _____
Location:		Start Time
Duration (hours)		End Time
Trainers Name		Trainers Signature:

Aim of tool box talk	To provide information on working at height and to ensure that expectations and requirements are clear for every project.
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WORKING AT HEIGHT

The Facts & Stats



Falls from height are the second most common type of reportable accident in the UK, around 40 fatal injuries occur annually relating to falling from height whilst at work and over 6000 people are seriously injured. These shocking statistics show just how much of a problem falls from height are. In most cases these are preventable injuries and by following a few simple steps you can ensure you are working safely at all times.

Selection of Equipment

Any equipment that is specifically designed to allow you to work safely at height is commonly called access equipment (e.g. scaffolds, ladders, tower scaffolds). It is important that you know what access equipment is the most appropriate for the task. This information will be available in the risk assessment and method statements which are included in the construction phase plan.

Selecting the correct type of equipment plays a vital role in ensuring that the task can be carried out in the safest possible way. You must ensure at all times that the correct equipment is selected for the task. This should be discussed with the site foreman / manager before any work commences and must be included in the relevant risk assessment and method statement.

- Step ladders / ladders should only be used for short duration works and with permission from the foreman / site management obtained before use
- Mobile towers and podiums must only be erected by PASMA trained operatives and must be regularly inspected
- All equipment must be included in the relevant risk assessments and method statements and must be inspected and checked before first use
- MEWPS (mobile elevated working platforms) must only be used by operatives who have a valid IPAF



Working at Height

certificate

What we do to keep you safe when working at height

The nature of the job will at times require you to work at height. As the employer / contractor control measures will be put into place prior to any works taking place this will include:

- Planning
- Providing adequate supervision
- Ensuring that the job is carried out by trained, skilled, knowledgeable and experienced people
- Will evaluate the level of risk involved with the task and ensure that appropriate control measures are put into place adopting the “avoid, prevent, minimise” approach
- Provide equipment that is suitable and appropriate to the task
- Ensure that all access equipment is safe to use (carrying out inspections pre-use and regular)
- Provide training relating to working at height (e.g. IPAF, PASMA)

Do's and Don'ts of working at height



DO

- As much work as possible from ground level
- Familiarise yourself with all risk assessments and method statements **BEFORE** you start work
- Ensure access equipment is suitable, stable and strong enough for the job, maintained and checked regularly
- Take precautions when working on or near fragile surfaces
- Adhere to emergency evacuation plans and rescue procedures
- Check safe working loads prior to work commencing. If there is no label stating this information ensure that you know this before work begins (contact the supplier, foreman or contact the office)
- Wear or use any additional safety equipment at all times (where applicable) as outlined in the risk assessment, method statement or emergency plans
- Check access equipment before first use
- Report any unsafe working conditions to site management immediately

DON'T

- Use any access equipment without the relevant training
- Overload any access equipment – always check the safe working load
- Overreach on ladders or stepladders
- Rest a ladder against weak upper surfaces, eg glazing or plastic gutters
- Use ladders or stepladders for strenuous or heavy tasks, only use them for light, short duration
- Carry out any work without risk assessment and method
- Use any access equipment that has not been well maintained or inspected
- Put yourself or others at risk at any time
- Carry out any tasks without the appropriate control measures and access equipment in place
- Alter any of the safety aspects of the equipment e.g propping or tying open access doors or adjusting or removing handrails
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Working at Height



If in doubt, STOP and;

- Speak to Foreman, Site Manager or Contracts Manager
- Contact the office on 01942 621342
- Refer to the HSE guidance on working at height (supplied as part of this tool box talk)

Candidate's Name	Candidate's Signature

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