



**BEESWIFT**  
FOCUSED ON SAFETY

Product Code

CM1313

Available in Sizes

**ONE SIZE**

Available in Colours

White  
CM1313

# DATASHEET

## Click Medical Work at Height Poster



- User friendly text and clear instructions show employees how to prevent accidents and injury whilst maintaining a healthy working environment
- Durable laminated construction with full colour illustrations
- Compiled by qualified health and safety practitioners
- Size 59 x 42cm (A2 Paper size)

**Work at Height**

**1. The Regulation**

The Work at Height Regulations 2005 and the Work at Height (Amendment) Regulations 2007 apply to all those working at height where there is a risk of a fall.

Each year in the UK there are approximately 50 fatalities and over three thousand major injuries caused by falls.

The regulations have been made in order to try to prevent death and injury from falls at work.

The regulations cover working "at height" meaning the person could be at risk of falling, so this may be below ground level.

**2. Duty of Care**

The regulations place a duty of care on all employers, the self-employed and those in control of others work to the extent that they control the work.

There are three main principles:

- Avoid work at height wherever possible.
- If work at height cannot be avoided then use equipment to prevent falls.
- Where the risk of a fall cannot be completely eliminated then use other measures to minimize the risk, such as fall arrest equipment.

Those in control of work must ensure that:

- Work at height is properly planned and organized.
- Where applicable, suitable conditions are considered.
- Work is carried out in a safe and competent manner.
- The work area and equipment has been inspected and is safe.
- The work has been risk assessed.
- An emergency plan is in place in case of an accident.

THINK: Access, Equipment, Weather, Emergency Procedures.

**3. Ladders**

Ladders and stabilisers are the most commonly used pieces of access equipment. Before using a ladder an assessment should be made as to the suitability of a ladder for the task involved or whether an alternative piece of equipment may be used which is safer.

Where the use of a ladder can be justified, then the following criteria should be followed:

- Short duration work.
- Light work not requiring heavy lifting.
- A secure hand hold is available.
- Ladder is secure and sites are safe.
- No toe overreach.
- Ensure a 75° angle is maintained and the ladder is long enough for the intended working.

**4. Mobile Elevating Work Platforms (MEWPs)**

Where it is not possible to carry out work at height from an existing structure then mobile devices can be used.

- Before a mobile platform is used the risk of an accident must be assessed, the work must be planned and the operator fully trained in its operation.
- The equipment must be in a correct condition and that the correct platform is used for the situation. If available then the number of platforms should be considered as high winds can make them unstable.
- When using the platform, it should be kept clear of overhead cables and the ground must remain dry.
- Ensure that vehicles do not climb out of the carrier and that links and track lines of steering (both) or other obstacles.
- For additional safety when a risk of a fall is still a possibility ensure that the worker is secured to the carrier with a harness.
- After use, ensure that the "power" is switched off and the keys removed.
- Tools and other equipment should be cleared out of the carrier and if the platform is being left unattended it should be made inaccessible to vehicles as possible.

**5. Scaffolding**

Scaffolding should be one of the safest forms of access to working at height. This will only be the case however if suitable precautions are considered.

- Scaffolding should be planned, designed and erected by competent people.
- Scaffolding should adopt safe working methods and never be used during the erection phase.
- The ground should be level and firm enough to support the scaffolding and the area should be clear of persons by and materials while being constructed.
- The scaffold structure should be braced and tied into a permanent structure.
- The scaffold must be able to support load used and appropriate for the work involved.
- Work areas should be fully boarded, a minimum of 100mm, with leading areas should have full protection gates and guard rails and toe boards should be installed by correct fall.
- Scaffolding should always be checked in conditions change e.g. in high winds.

THINK: Access, Equipment, Weather, Emergency Procedures.

**6. Fall Arrest**

Measures should be in place to prevent falls. If work at height cannot be avoided, if using work equipment such as MEWPs it is not possible then the use of a safety harness is required to prevent injury. Always attach a worker fall.

- The use of a safety harness is only acceptable for short duration work, and the worker must be kept as close to the structure as possible preventing the worker from getting close to the edge.
- Work is to be carried out as near to the edge as possible and there is no alternative method from a harness can be used to arrest a fall as a last resort.
- The harness must be the same colour as the anchor point can be used and that of equipment are fully trained and are wearing the harness correctly.
- Before using a safety harness check the fall arrest equipment from the manufacturer's instructions and ensure that the equipment is not expired especially if not stored properly in a clean dry area.
- An emergency plan should be in place with a suitable rescue procedure who can help.

