STAYING SAFE WHILE WORKING AT HEIGHT

Stay grounded! Proper training, appropriate equipment and preventative techniques are vital when working at height.

THREE STEP HAZARD REDUCTION

1. **ELIMINATION**
   - Eliminate the task or the need to work at height by completing the task at ground level.

2. **PREVENTION**
   - If you must work at height, isolate people from the hazard of falling by using guardrails, secured work platform such as scaffolding or lifts.

3. **PROTECTION**
   - If neither elimination nor prevention is practicable, use personal protection equipment to mitigate the effect of a fall. This includes harnesses, lanyards, life lines and anchor points.

10 PRACTICAL GUIDELINES FOR WORKING AT HEIGHT

- **Identify potential hazards, assess the risk and mitigate each hazard** before working at height.
- Only trained and authorised persons can be allowed to work at height.
- Guardrails must be built around every appropriate elevated work area.
- Mobile elevation devices such as man lifts must be kept in good condition and inspected regularly.
- Scaffolding must be provided with handrails, complete floors, kickboards and internally mounted ladders.
- Ladders must be secured and used only for means of access.
- Before working on roofs, fragile roof parts, unprotected openings and edges, and safe access points must be checked.
- A full body harness and appropriate lanyards must be worn and always attached to a secure anchor point.
- Proper training on the use of personal protection equipment must be provided.
- A fall rescue plan and equipment must be in place at the time of the work.

LOCK SAFETY IN!

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