

C: OPERATIONS STANDARDS

C4. WORKING AT HEIGHTS

1.0 Scope

- 1.1 This standard applies to any task where the risk assessment highlights a danger of falling. In any case, fall prevention or protection shall be used for elevated work above 1.8 meters.
- 1.2 **Fall prevention.** Wherever practical, a safe working area must be provided by means of work platforms or scaffolds. Fall Prevention standards are set out below.
- 1.3 **Fall protection.** In all other cases, Fall Protection must be used. This includes situations in which work is being carried out from an elevating work platform or manlift. Fall protection standards are set out below.
- 1.4 **Ladders.** A person may climb or descend a ladder without Fall Protection provided that they are able to use both hands and legs to do so; face the ladder and use one step at a time. Ladders shall be tied off or supported below.
- 1.5 **Barricades.** Where overhead work is being conducted, barricades must be erected around the work area to protect others below from falling objects.

2.0 Fall Prevention

- 2.1 Work platforms and scaffolds must have complete floors, guardrails and toe-boards and safe access and egress must be provided.
- 2.2 A person must be designated to control the work platform, scissor lift or man-lift (“the basket”), who is trained and competent to do so and qualified as required under local regulations.
- 2.3 Where practical, the designated person should be in the ‘basket’.
- 2.4 Every person in the ‘basket’ must be secured at all times with proper Fall Protection equipment and there must be systems in place to prevent tools and equipment from falling.
- 2.5 There shall be a system for ensuring the design, construction, certification, maintenance and inspection of elevating work platforms and man-lifts.

3.0 Fall Protection

- 3.1 A person has Fall Protection if s/he is secured with an approved full body harness, shock absorbing lanyard (where the potential to fall is greater than 4 meters) or short restraining lanyards (where the potential to fall is less than 4 meters), self-locking snap hooks (or carrabiner type rings) and secure anchorage points.
- 3.2 Anchorage points must, where practical, be above the head of the worker, and must ensure that in the event of a fall the worker will neither swing nor touch the ground.
- 3.3 There must be a system for ensuring that anchorage points are tested and approved by a competent person to ensure that they are secure and can take the required load.
- 3.4 There must be a system for ensuring that Fall Protection equipment is:
- (a) Tested and certified for use;
 - (b) Inspected by the user before use; and,
 - (c) Destroyed following a fall or where inspection has shown evidence of excessive wear or mechanical malfunction.
- 3.5 There must be a system for preparing and testing emergency rescue procedures for fall victims.