



## TOOL BOX TALK

### WORKING AT HEIGHTS

**A third of all reported fall from heights incidents involve ladders, this accounts for deaths and major injuries to workers each year. Ladders should be used as a last resort only. Where it's possible eliminates the Work at Heights, if feasible and practical.**

By doing so we hope to be able to:-

**Reduce the Number** of accidents and near misses on site.

**Avoid Delays;** caused by accident on site.

Is the scope of work clearly understood and the need for Work at Height assessed?

Yes	No	Not Applicable
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Have you done Risk Assessment?

Yes	No	Not Applicable
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Have you got Job Hazard Control Measures or Job Safety Analysis?

Yes	No	Not Applicable
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Are you physically fit for the task?

Yes	No
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- ✓ **DO** all Work at Heights under the Z Energy Permit to Work System (PTW).
- ✓ **DO** use ALARP (As Low as Reasonably Practicable) for managing risk.
- ✓ **DO** take all practicable steps to prevent harm and take action to maintain a safe workplace.
- ✓ **DO** secure the ladder when working at heights.
- ✓ **DO** use ladder tie off points to access the roof of the retail shop.
- ✓ **DO** take precautions for inclined surfaces and elevated walk ways.
- ✓ **DO** check if the work areas are sound, free from surface debris or inclined.
- ✓ **DO** check the platforms, guardrails, ladders, etc. are in good condition.
- ✓ **DO** ensure you use handrails around tank pit.
- ✓ **DO** use fall restraint for working within 1.8 metres of a roof edge or work platform.
- ✓ **DO** think of a rescue plan if someone falls or is suspended by their fall restraint.
- ✓ **DO** use harness on a cherry picker.
  
- ✗ **DON'T** use a ladder for accessing retail site canopy from the ground regardless of height.
- ✗ **DON'T** work from a ladder under any circumstance of fall height greater than 1.8 meter.
- ✗ **DON'T** use ladder on movable objects e.g. pallets, bricks, lift trucks.



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✓ **Do** secure ladder to tie off point



✗ **DON'T** use ladder on movable objects



✓ **Do** maintain 3 point of contact all time



✗ **DON'T** use a ladder for accessing canopy



✓ **Do** use platforms with guardrails



✗ **DON'T** use unmaintained ladder



✓ **Do** use fall restraint



✗ **DON'T** use unsecured ladder



✓ **Do** install handrails around tank pit



✗ **DON'T** work around pit without guard rails