

Work at Heights

BEFORE THE JOB

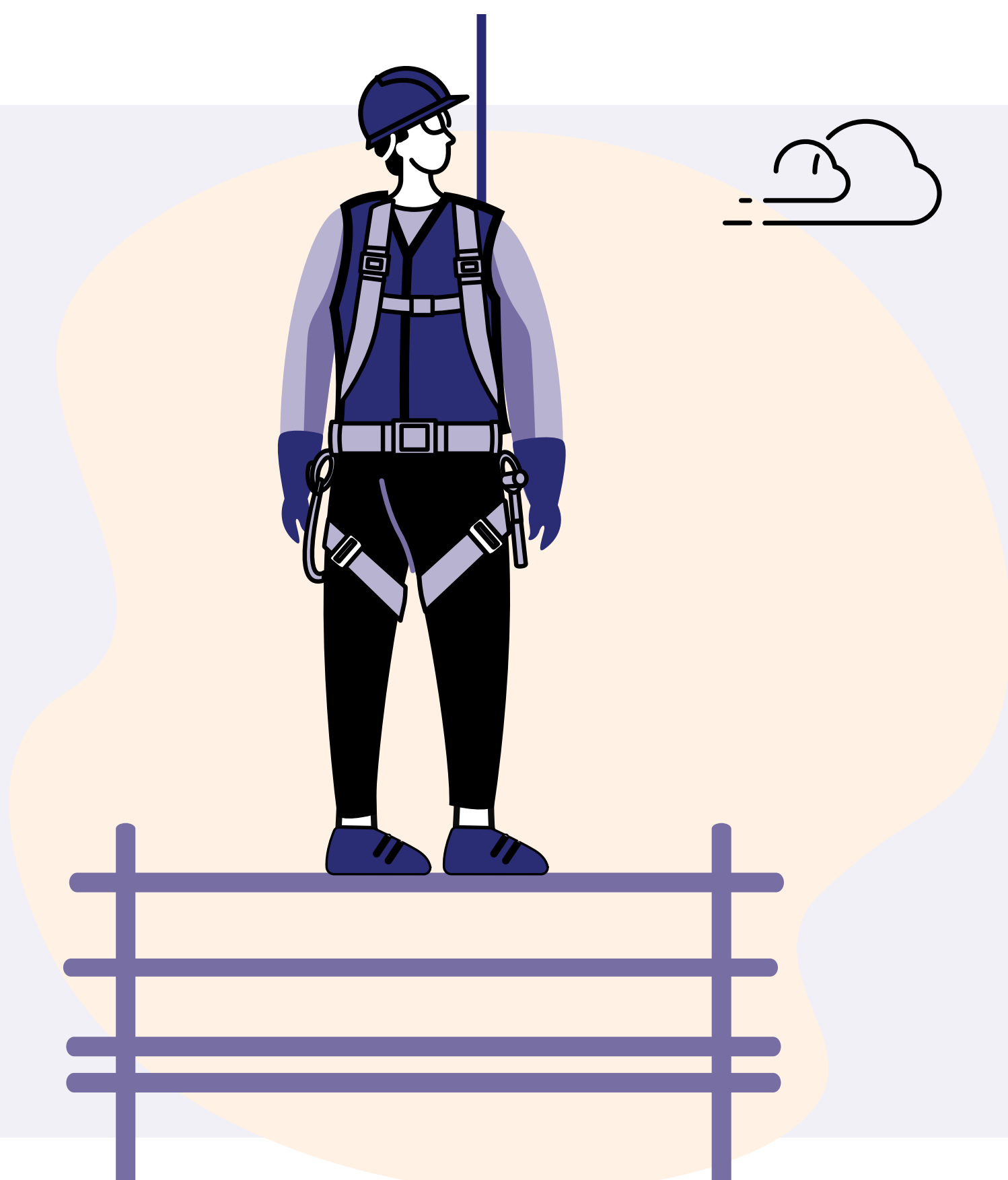
- Have **authorization** to Work at Heights outside a protective environment. Consider alternative methods such as; approved scaffolds, stairs with handrails, and man lifts.
- Be aware of what **fall protection equipment** and **anchor points** are to be used and how to use it.
- Fall arrest equipment is **inspected prior to each use**.
- If you are the Supervisor or the

Person in Charge of the work you should **confirm** that it is safe to start work at heights.

- A Rescue Plan is in place for the timely recovery of personnel performing work at height while using fall arrest equipment.
- The **risk of dropped objects** on personnel and equipment below has been assessed and plans to manage the risks established.

DURING THE JOB

- **Use fall protection** equipment to keep you safe when working outside a protective environment where you can fall over 6ft (2m).
- **Always tie off** when at height outside of a protective environment. Ensuring the fall arrest system support 100% tie-off at all times.
- Only use **authorized scaffolding, platforms and ladders**.
- To raise and lower objects, equipment and tools, always use a bag or tool tether that allows you to keep hands free.



Protect yourself from falling when working at heights. Above 6ft (2m). Or higher.