Always protect yourself from a fall and others from dropped objects by applying control measures and using the specified protective equipment.

CONTROL MEASURES - apply these to reduce risks!

1. **ELIMINATION** - do the work at ground level then lift to height
2. **SUBSTITUTION** - consider the safest elevated work location
3. **ENGINEERING** - fall prevention systems, such as guardrails and toe-boards
4. **ADMINISTRATION** - training, signage, warning lines, monitors
5. **PPE** - personal fall arrest or restraint systems

PROTECTIVE EQUIPMENT - WHEN REQUIRED, USE CORRECTLY!

- Select the proper equipment and use as per manufacturer directions
- Harnesses must be fitted and worn properly
- Always stay connected to an anchor point
- Inspect fall protection equipment before each use
- Store PPE safely whilst not use

Please read on for further information on how to prevent injuries related to working at height.

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LET’S PREVENT INJURIES!

WORKING AT HEIGHT - ABOVE GROUND LEVEL

AT HEIGHT NEAR EDGES OR OVER FRAGILE SURFACES AND GAPS

- Gaps or openings must be guarded and securely covered
- Toe-boards and guardrails must be installed
- Crawl boards must be used on fragile sheeting
- Personal fall arrest/restraint systems, when required to be worn, must be tied-off

A Stork colleague was seen walking over an open hole on 3rd level catwalk and was not wearing fall arrest equipment

ON LADDERS, SCAFFOLDING OR PLATFORMS

- Ladders must be correctly selected for the job and secured at all times
- Always face the ladder and maintain three points of contact
- Scaffolding must be erected, regularly inspected and maintained by competent persons
- Never climb, overload or tamper with scaffolding

A Stork colleague fell from a 2m scaffold ladder and broke 2 ribs

WORKING AT HEIGHT - GROUND LEVEL

UNDER OVERHEAD ACTIVITIES

- Inform others of your presence above and below
- Ensure collective fall prevention is in place: toe-boards, screens, canopies, signs, etc
- Raise and lower tools with rope
- Keep tools secured at all times (belts, lanyards, pouches)
- Make sure every tool that goes up comes back down

An air regulator (6.5kg) fell 5m and struck a Stork colleague working below on the leg

NEAR LARGE OPENINGS OR HOLES

- Openings/holes must be covered at all times
- Covers must be robust, securely fixed and signed
- When required to work around uncovered openings always guard the area and create an exclusion zone to keep others away
- Regularly inspect fall prevention measures to maintain protection

A Stork colleague fell into open grating hole which lacerated his leg

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