

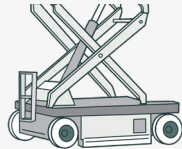
## WHAT IS WORKING AT HEIGHT?

Working in a place where a person could be injured if they fell from one level to another. This can be above or below ground level.

## MEWP

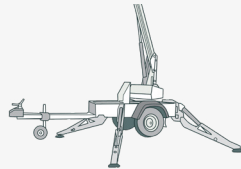
### Foundation

- › Firm and level ground
- › Don't use on a slope beyond the MEWP's limits
- › Temporary covers need to be strong enough to take the MEWP's weight



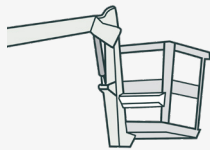
### Outrigger

- › Follow manufacturer's instructions
- › Fully extend outriggers before using them
- › Use spreader plates where necessary



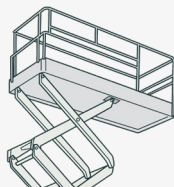
### Platform

- › Guard rails and toe boards
- › Certified anchor point
- › Use harness in boom-mounted platforms and when required in a scissor hoist
- › Self-closing and self latching entry gate and self draining non-slip floor
- › Emergency stop switch must be within reach of the operator and 50mm from top rail



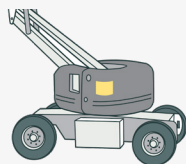
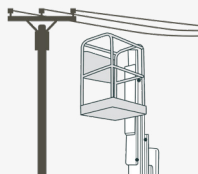
### Beware of overhead hazards

- › Do not get closer than 4m from power lines
- › Stay clear of structures that could trap or pin the operator



### Read the serial plate

- › Shows compliance to standard
- › Weight and rated capacity
- › Maximum operating wind speed
- › Other restrictions



Information and images from WorkSafe NZ.

## SCAFFOLDS

### Foundation

- › Set on firm level ground
- › Steel base plates, wooden sole boards
- › Wheels locked and turned

### Access

- › Deliver tools and equipment to the platform separately
- › Use gates, trap door or tortured path
- › Safe, suitable, unobstructed access and egress

### Working platform

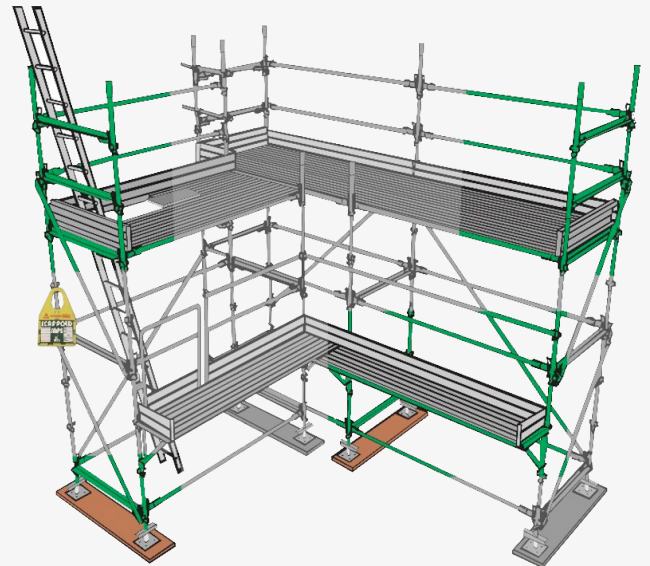
- › Fully secured
- › 675mm, 3 planks wide
- › Working face (maximum 300mm)

### Edge protection

- › 900 - 1100mm top rail with mid rail and toe boards
- › Toe boards minimum of 225mm and at least 150mm above stored material

### Scaffold tag

- › States if the scaffold is "safe" or "unsafe"
- › Shows the dates of inspections
- › Legible (use a proper pen, not pencil)
- › Shows the intended use and duty rating (S, L, M, H)



## SAFETY NETS AND MESH

### Safety Net

- Used to arrest a person's fall and may also be used to catch or contain debris
- Manufactured from synthetic material
- Needs to be installed, examined and tested regularly, according to the manufacturer's instructions, by a competent and qualified person

### Safety Mesh

- Preferred system to protect workers from falling through a roof while they are laying roof sheets.
- Provides fall prevention for maintenance and repair workers. (Rated)
- Should be used with appropriate edge protection such as guard rails. If this is not practicable then a safety harness system should be used.
- A safety mesh is constructed from wire

## LADDERS

Ladders do not offer fall protection and should be the last form of working at height equipment to be considered. Use only for access, egress, low-risk and short-duration tasks.

- Can you give examples of short-duration work?
- Appropriate fall prevention controls shall be put in place (refer to the Hierarchy of Controls).  
*Source: Best Practice Guidelines for Working at Height in New Zealand*

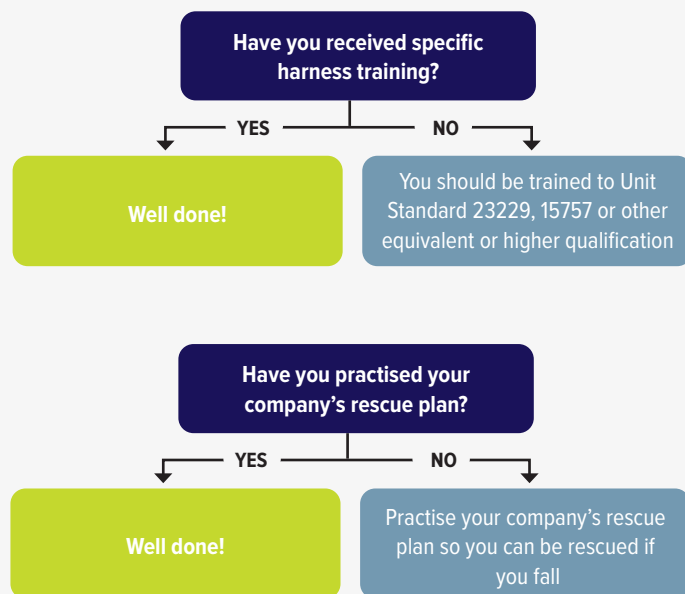
### Safe practices when setting up and using a ladder

- Is it the right tool for the job?
- Short-duration work and access only
- Industrial rated
- Free from defects
- Set on firm level ground
- Footed bottom, tied at the top
- 4:1 ratio or 75° angle
- 3 points of contact
- 3<sup>rd</sup> step down
- 1 metre extension



**Remember: Using a ladder takes 3x more energy than working from a platform.**

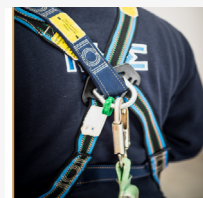
## SAFETY HARNESS SYSTEMS



### Components of a Safety Harness System



Anchor



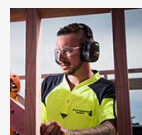
(full) Body Harness



Connecting Device/s (lanyard)

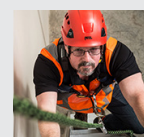
**Remember: Fall restraint prevents a fall. Fall arrest does not prevent a fall.**

## WANT TO LEARN MORE?



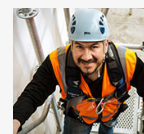
### Foundation Passport – Building Construction

A general entry-level safety awareness course for those new to health and safety training.



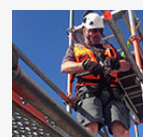
### Passport Plus – Height

Build your knowledge with this course focused on height safety and awareness.



### Height and Harness Safety

Learn to work safely at height, and use personal safety harness equipment under supervision.



### Fall Arrest Systems

Learn the skills needed to use harness equipment while working both in restraint and arrest.



**If you are a Site Safe member, log in to My Site Safe for more information.**