



Working at Height Safety

Why This Matters

Working at height presents a high risk of falls, which can result in serious injuries or fatalities. Proper planning and fall protection measures are essential to prevent accidents.

Common Causes

- Lack of fall protection systems
- Using unsafe or unstable access equipment
- Poor planning or risk assessment
- Unsafe behaviour such as overreaching or rushing

Practical Safety Actions

- Use approved fall protection systems such as harnesses and guardrails
- Ensure ladders, scaffolds, and platforms are stable and properly installed
- Conduct risk assessments before starting work at height
- Maintain three points of contact and avoid overreaching
- Stop work immediately if conditions become unsafe

Effective fall prevention measures save lives when working at height.

