

Quarterly Safety Alert – Working From Heights

Working from Heights is a requirement for you and something that you do confidently but please ensure that your **CONFIDENCE** does not slip into **COMPLACENCY**.

Please don't think the fall couldn't happen in your work place – We can assure you it can.

We understand that working from heights is an integral part of your job and that it is a risk that can never be eliminated from the role of an Electrician.

However, it is a risk that can be effectively managed and there are laws and regulations in place that must be followed to ensure your safety.

How you can ensure your safety

The Law Says

Regulation 3.55 states that if a person is at risk of falling 2 meters or more from an edge from

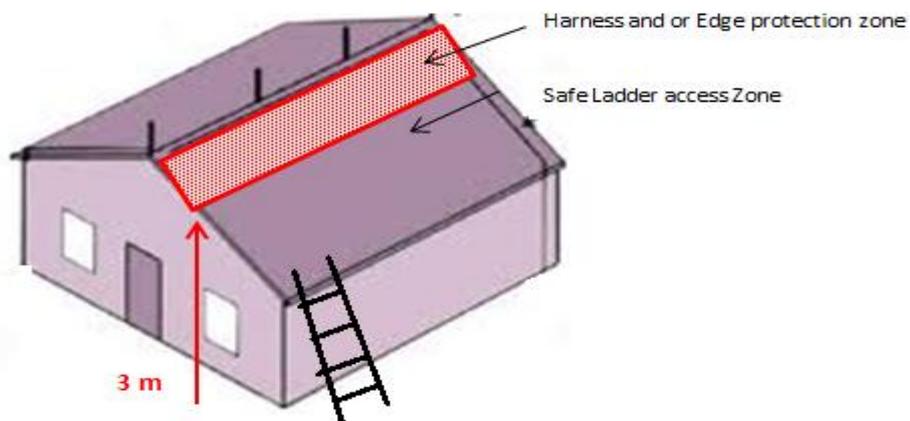
- a) a scaffold, fixed stair, landing or suspended slab at the workplace or
- b) formwork or falsework at a workplace

Edge protection must be provided.

Also, if there is a risk of a 3 meter fall in situations other than a) and b) above then edge protection and/ or a fall injury prevention system must be in place and utilised.

This Means

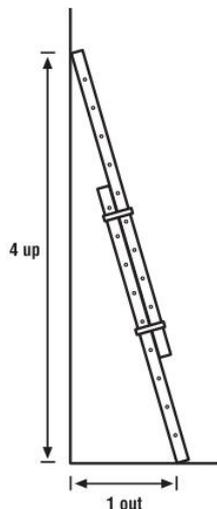
If you or your team are working on a roof, e.g. a solar installation and any part of the work you are doing is above 3 meters from the ground, edge protection and/or a harness must be in use



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If you are accessing a roof to enter the roof space or chase cable etc. you can do so using a ladder but the ladder safety rules must always be applied

Positioning of portable ladders



Above: The distance between the ladder base and the supporting structure should be about one metre for every four metres of working ladder height. Horizontal benching of ground ensures vertical alignment of ladder.

Remember

Following the regulations is only part of what is required to keep your team safe.

A Risk assessment process is also a legal requirement for you as a person in charge of the workplace to undertake.

Ensure that you combine the above requirements with your own confirmation that there are no additional hazards present that you don't know about will enable you to effectively manage this known risk.

Some of the things you should consider when undertaking a hazard assessment prior to starting work are;

- The materials that make up the structure.
- The weather conditions.
- Condition of your footwear.
- Time allowance for the task (don't rush).
- Tools required for the task – Reduce the need to constantly go up and down the ladder.
- Are there others working in the vicinity?

There are many other things that you could add to this list – The point is for you to take a few minutes to identify and assess the risks and the situation.