

Working at height

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Falls from height are one of the biggest causes of death and serious injury in construction. A fall from a low height can still kill. Every job at height must be planned before anyone goes up.

The hazards

- Falling from edges, openings and fragile surfaces
- Falling through roof lights and fragile roofs
- Unsuitable or poorly set-up access equipment
- Objects falling onto people below
- Bad weather, wind and wet or icy surfaces

Stay safe

- Avoid work at height if the job can be done from the ground
- Use the right equipment for the job: a working platform with guardrails is better than a ladder
- Check guardrails, toe boards and edge protection are in place before you start
- Never remove edge protection without permission, and replace it straight away
- Cover and mark holes and openings, and fix covers so they can't move
- Keep platforms clear of loose materials and tie tools when there is a risk of dropping them
- Use a harness only if you have been trained, and clip on to the right anchor point
- Stop work and report it if anything looks unsafe

Ask the team

1. Where on this site could someone fall today?
2. What would you do if you found an uncovered opening?
3. Who is trained to use a harness, and where are the anchor points?

The law and guidance

Work at Height Regulations 2005. HSE INDG401, Working at height: a brief guide.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.