

# Working at Height Hierarchy of Control

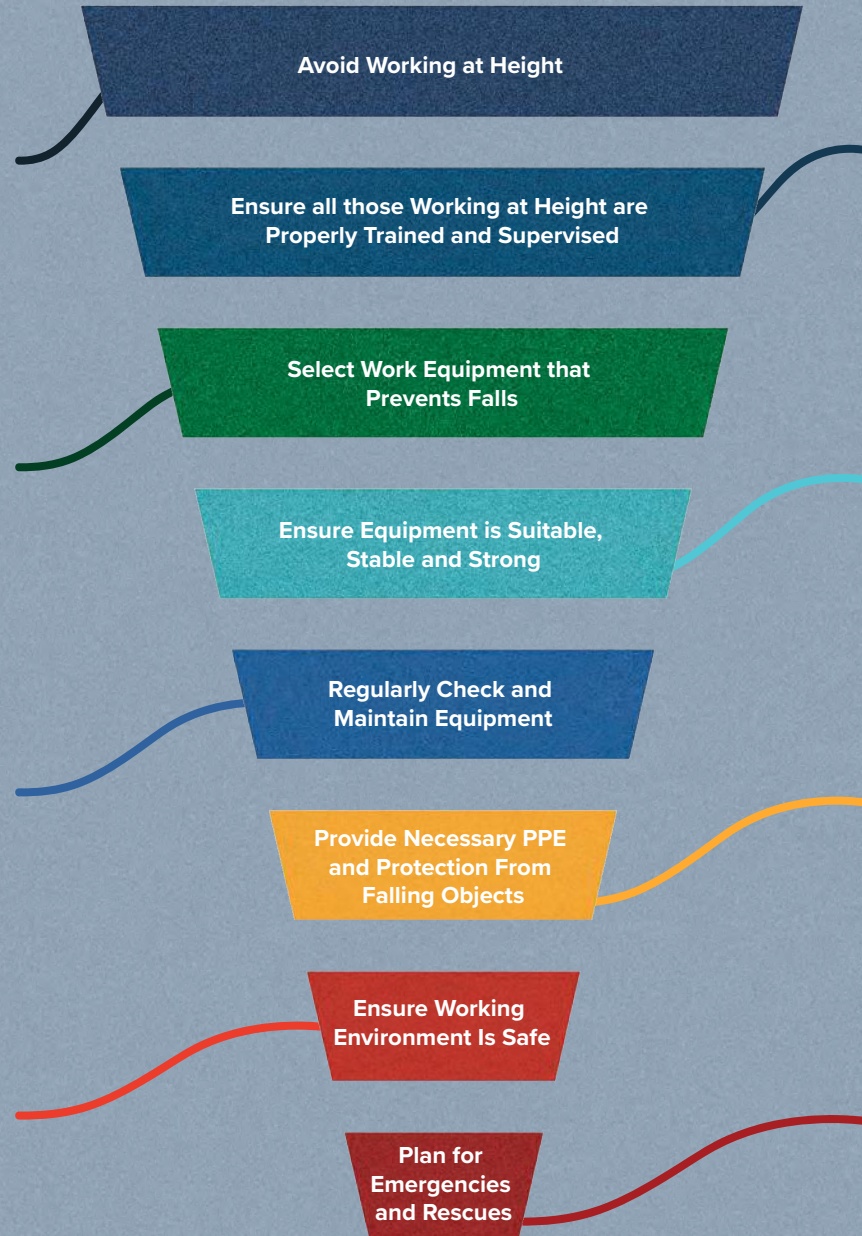
The Working at Height Regulations places duties on employers in the following order

The underlying principle of the Work at Height Regulations is that working at height should be avoided wherever possible. This essentially means doing as much work as possible from the ground, using extending tools instead of a ladder, or lowering something to ground level before repairing it. Avoiding work at height also means avoiding work on fragile surfaces, which may be enclosed, but still liable to cause a fall through them rather than off them.

If working at height can't be avoided, prevention is better than mitigating the consequences of a fall. Prevention starts by selecting equipment that will prevent falls from occurring, such as those with suitable guard rails. You should only select work equipment for mitigating falls, such as safety nets, if fall prevention isn't possible.

Equipment should undergo regular inspections, thorough examinations, and maintenance. Pre-use checks by users are crucial for detecting day-to-day issues and wear and tear, while thorough examinations and maintenance must be carried out by competent persons at certain intervals depending on the equipment.

This includes considering weather conditions and proximity hazards that could make work at height unsafe, such as high winds and fog. Working at height could also involve working near dangerous obstacles, such as power lines and so this must be considered.



Level 2 involves minimising the risks by providing sufficient training and supervision to ensure people can work safely. Workers should be educated to ensure they apply best practice guidelines for carrying out work at height, including the use of any equipment. Supervisors should be competent to do so.

The duty holder, usually the employer, is in charge of ensuring equipment is suitable, stable, and strong for the intended tasks. To ensure equipment is suitable, they will need to assess the risks involved in the work and select accordingly.

If the risk assessment determines that personal protective equipment is necessary, the employer must provide it to workers, such as hard hats and fall arrest harnesses. On most construction sites hard hats are necessary, and will likely also be required for work at height in other industries where falling from height and overhead falling objects are a risk.

Having emergency plans in place is crucial in case things do go wrong. Plans should be communicated to everyone involved in the work.