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Talk No. 8		Heights
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Start time		End	Duration	
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1. Introduction:

1.1 Falling from heights is one of the leading causes of fatalities in the construction industry. Many of these fatalities are as a result of falling less than 2 metres. All such deaths are preventable.

2. Main Points:

- 2.1 Can work at height be eliminated?
- 2.2 Plan work at height (fall protection, edge protection (for people and materials), PPE)
- 2.3 If you are using a roof, guard-rails and toe-boards are to be fitted.
- 2.4 Where it is impractical to fit toe-boards (short duration work), intermediate guard-rails and toe-suspension equipment/fall arrest equipment must be used.

3. Points to remember

- 3.1 If roof work is involved, identify fragile areas and/or openings and implement suitable fall protection.
- 3.2 Access ladders and platforms must extend sufficiently beyond working areas.
- 3.3 Where access ladders and platforms must be provided over a height of more than 9m then suitable intermediate fall protection must be provided.
- 3.4 Consider weather conditions. Wind and/or icy conditions can have a serious impact on safety.
- 3.5 Ensure operatives are fit and physically capable for tasks being undertaken.
- 3.6 If guard-rails, fragile area protection, etc, are removed for any reason then they must be replaced as soon as possible, and in the interim operatives must be physically capable for tasks being undertaken.
- 3.7 Use crawling boards where applicable.

Notes

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ATTEN SHEET

Talk No. 8	Heights
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All operatives **listed and signed** below Box Talk.

Date

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