LEARNER GUIDE

Work Safely at Heights

Training support material for:

CPCCCM2012 – Work safely at heights

Produced by:

EASY GUIDES Australasia Pty Ltd

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Introduction to Work safely at heights

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What is working safely at heights?

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Safety at work

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Work safely

Before you work at heights, you must know how to work safely on the ground.

In this section you will learn about the types of hazards on a work site, and ways to control them.

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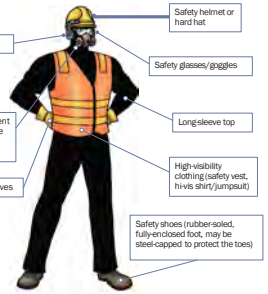
QUESTION 1.8

Personal protective equipment (PPE) helps protect you from getting hurt.

What are some examples of PPE you might wear?



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QUESTION 2.3

Risk means how likely it is somebody may be hurt or killed by a hazard.

What questions do you need to ask when assessing the risk?

What controls are in place?

Do the controls work?

Can you do it a safer way?

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Working at heights

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Working at heights

Every year many people are hurt or injured while working at heights. The biggest risks are falls, or tools and equipment being dropped on someone.

This section explains the types of work people do at heights. It also explains the types of hazards and controls you must think about when working at heights.

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QUESTION 2.5

What are some other types of work people might do at heights?

Pest control

Prune trees or shrubs

Painting, plumbing or electrical work

Building and construction

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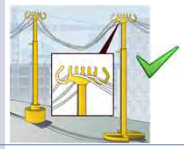
QUESTION 4.0

You are working up high using air tools.

What is the safest way of running air hoses?

Make sure you run them on stands, off the ground. Otherwise they can trip someone over.



QUESTION 4.1

Why must you be careful when passing tools and equipment to other workers when working at heights?

Because you could drop them on people below.

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QUESTION 42

People can be hurt or killed from objects falling from above.

What are some ways to **stop** tools falling?

Use perimeter screens

Use brick guards on scaffolds

Use a tool belt for small pieces of equipment such as bolts, nuts and washers.

Use wrist straps for larger tools like hammers

Keep any tools in a toolbox when you are not using them

Make sure you stack tools and materials away from edges where they could fall

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Prevention of falls hierarchy of control measures

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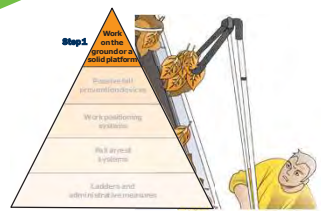
Step 1 - Work on the ground or a solid platform



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Step 1 – Work on the ground or a solid platform

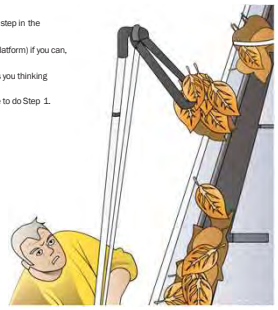
Step 1 is to work on the ground or a solid platform.

You should always do Step 1 if you can. This is the first step in the Prevention of Falls Hierarchy.

The law says you must work on the ground (or a solid platform) if you can, instead of working up high.

This chapter tells you what a solid platform is, and gets you thinking about ways to do the work from the ground.

You should only ever move to Step 2 if it is not possible to do Step 1.



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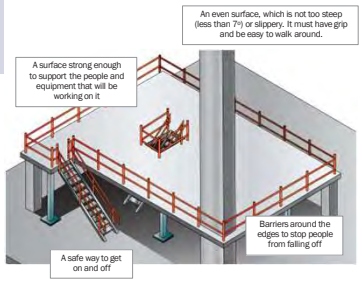
QUESTION 46

The first step in the working from heights hierarchy of controls is 'work on the ground or a solid platform'.

What must a 'solid platform' have?



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QUESTION 47

Think about the following types of work.

How could you do the work from the ground?

- Get a ball out of a gutter
- Pruning hedges or trees
- Removing leaves from a gutter
- Install an air conditioner
- Inspect a roof for pests

To get a ball out of a gutter use ball retrieval equipment

To prune hedges or trees use a long handled hedger, or pole pruners

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QUESTION 47

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Think about the following types of work.

How could you do the work from the ground?

- Get a ball out of a gutter
- Pruning hedges or trees
- Removing leaves from a gutter
- Install an air conditioner
- Inspect a roof for pests

To remove leaves from a gutter:

- Use a long handled cleaning device.
- Install a gutter guard.
- Use a blower or pressure washer.

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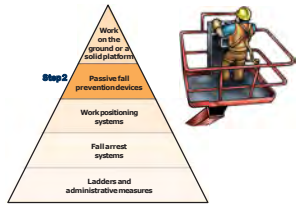
Step 2 - Passive fall prevention devices



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Step 2 – Passive fall prevention devices

If you can not use Step 1, you can move to Step 2 - Passive fall prevention devices.

Passive fall prevention devices are pieces of equipment which stop you from being able to fall.

It includes equipment such as:

- Work platforms
- Scaffolding
- Roof safety mesh
- Guard railing
- Step platforms
- Trench protection
- Work boxes.

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QUESTION 56

Scaffolding is usually rated as light, medium, or heavy duty.

How much weight per bay can a light, medium and heavy duty scaffold hold?

Light = up to 225 kg per bay. You can use light scaffolding for plastering, painting, electrical and other light work.	Medium = up to 450 kg per bay. You can use these for general trades work.	Heavy = up to 675 kg per bay. You can use these for bricklaying, concreting and other heavy work.
		

People Equipment Materials Tools

QUESTION 57

You need to add up how much weight the scaffold will hold.

What items do you need to think about?

170 kg + 35 kg + 20 kg + 20 kg = 245 kg

In this example you would need to use at least a medium duty scaffold.

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QUESTION 72

You need to work on a steep roof. The roof pitch is more than 35°.

Can you only use guard railing or a catch platform to stop you falling off?

No. You also need a system to stop you sliding down the roof.

A work positioning system	A roof ladder	A scaffold platform located at the roof edge to work from
		

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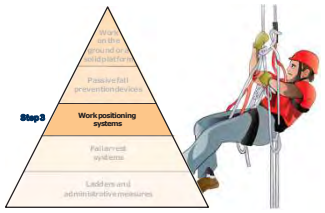
Step 3 - Work positioning systems



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Step 3 – Work positioning systems

If you can not use Step 1 or 2, you can move on to Step 3 - work positioning systems.

A work positioning system keeps you supported and safe while you are working.

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QUESTION 77

What are the two (2) types of work positioning systems?

1. Industrial rope access system.

2. Travel restraint system.

QUESTION 78

What is an industrial rope access system?

Who is allowed to use it?

It is a system of ropes used to gain access to an area.

You can only use it if you have successfully completed a competency based course.

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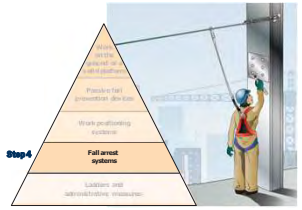
Step 4 - Fall arrest systems



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QUESTION 84

What type of equipment makes up a fall arrest system?

Industrial safety nets

Catch platforms

Safety harness systems

QUESTION 85

You are going to use a fall arrest system.

What safety concerns do you need to think about?

You must choose, install and use the equipment correctly

You make sure fall distance is as short as possible

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QUESTION 85

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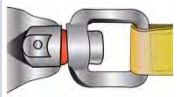
You are going to use a fall arrest system.

What safety concerns do you need to think about?

You wear head protection to protect you if you fall

The equipment and anchors can withstand the force that will be applied in a fall

Equipment that has been used in a fall is not used again



All equipment is tested and tagged by a competent person

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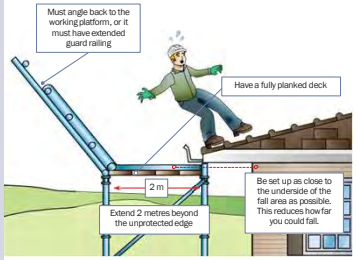
QUESTION 89

What are the main safety features of a catch platform?



For more information refer to the Prevention of Falls in Housing Construction code of practice.

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