

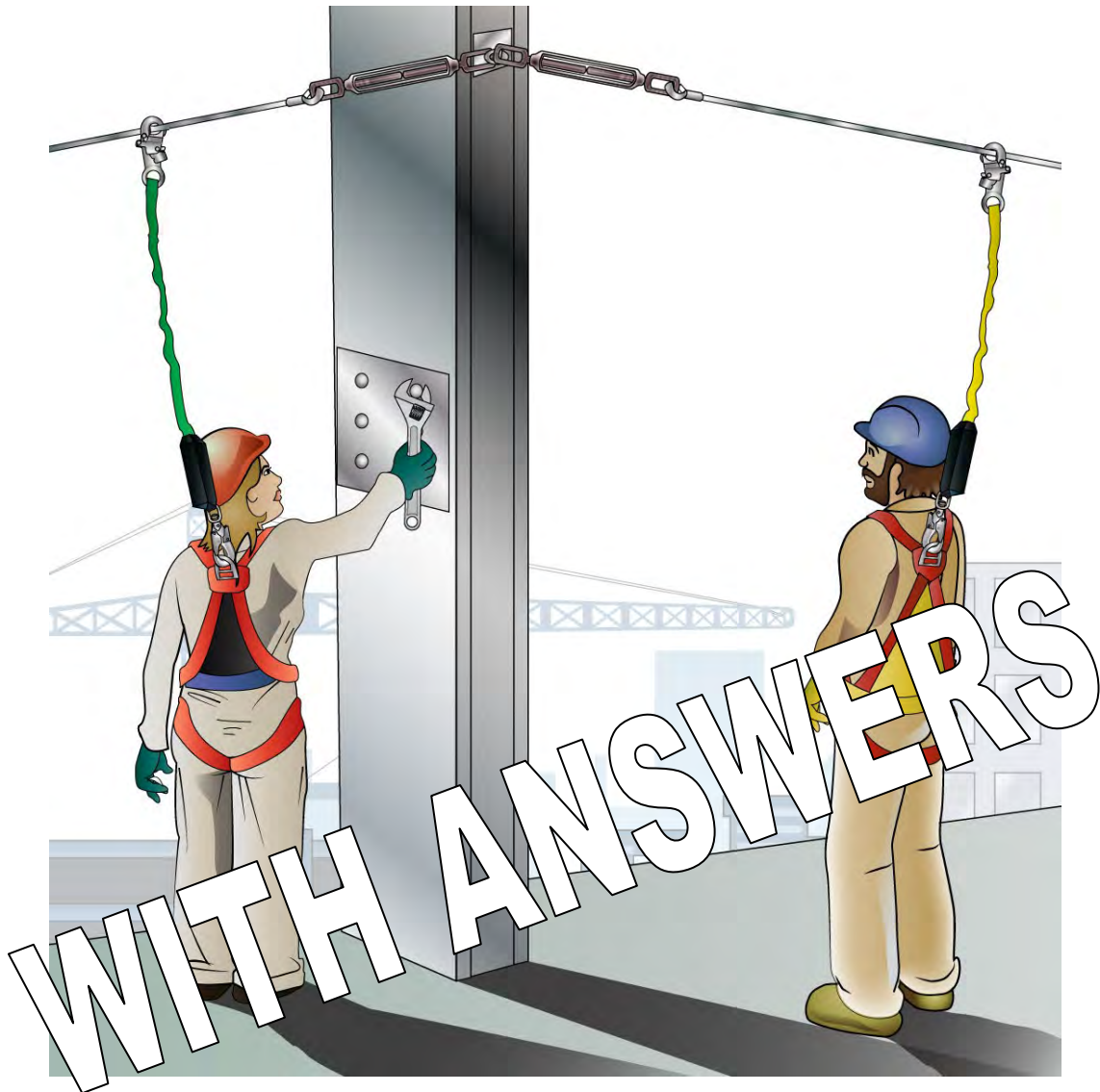
Work Safely at Heights

RIIWH5204E

Work Safely at Heights

Learner Workbook

Trainer's Marking Guide with model answers



Contents

Contact Details	4
Knowledge Questions.....	5
Model answers	5
Working at heights	13
Prevention of falls hierarchy of control measures	20
Step 1 – Work on the ground or a solid platform.....	20
Step 2 – Passive fall prevention devices.....	22
Step 3 – Work positioning systems	27
Step 4 – Fall arrest systems	29
Step 5 – Ladders and administrative measures.....	47
Clean up.....	51
Practical Tasks - Instructions to trainer	53
Practical task 1 – Work requirements, procedures and instructions	54
Practical task 2 – Working at Heights Rescue Plan.....	56
Practical task 3 – Work at heights	58
Practical task 4 – Clean up work area.....	60
Descriptions of Work.....	61
Your Workbook score	62

QUESTION 5 (PC 2.1, 3.1)

You need to communicate with people on a work site (such as WHS/OHS reps) before you start work. Why do you think it is important to do this?

To help you follow the rules and work procedures for the site. This helps keep you and others safe.



QUESTION 6 (PC 1.1)

What are some ways you can find information about the site and the type of work you will be doing?

Answer may include but not limited to:

- Safety data sheets (SDS)
- Diagrams or sketches of the work
- Memos, signs, bulletins or instructions
- Talking to workmates, WHS/OHS officers, or supervisors
- Looking at plans, specifications or schedules
- Site induction.



QUESTION 7 (PC 1.1, 1.2)

You are about to start working. Other than site hazards, what things must you think about when planning the task?

Answer may include but not limited to:

- What are some problems or challenges at this site?
- Who do you need to talk to and communicate with?
- How will you get in and out of the site?
- Where will you be doing the work?
- Does the equipment you are using have enough capacity for the work you are doing?
- Do you need any permits.
- What equipment do you need?
- Can the equipment fit where you need to do the task?



QUESTION 8 (PC 2.1, 3.1)

What are some ways you can communicate and give information to other workmates on a site?

Answer may include but not limited to:

- Signs
- Instructions
- Listening and asking questions
- Hand gestures or signals



QUESTION 9 (PC 1.8)

Why do you need to communicate with workmates in an emergency?

1. To make sure all of your workmates know about the emergency.
2. To explain what the emergency is.
3. To make sure all of your workmates know where the exits are to get out safely.

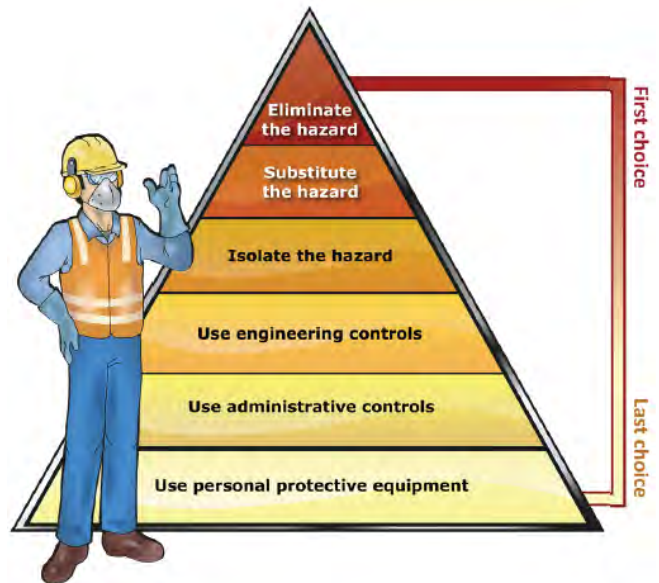


QUESTION 10 (PC 1.5, 4.7)

The Hierarchy of Hazard Control is a list of controls that you can use to eliminate or lower the danger from a hazard in the workplace.

What are the six (6) levels in the hierarchy from the first choice to the last choice?

1. Elimination
2. Substitution
3. Isolation
4. Engineering control measures
5. Administrative practices
6. Personal protective equipment (PPE).



QUESTION 11 (PC 1.3)

You are starting work on a new site you haven’t been to before. Where can you find information about the site and any hazards?

Answer may include but not limited to:

- Talking to the power, water and gas companies.
- Talking to workmates.
- Reading the induction information.
- WHS/OHS representatives, safety officer or site engine.
- Checking the site rules with your supervisor or team leader.
- Looking around the site itself.



QUESTION 12 (PC 1.3)

What hazard controls can you use for people, vehicles or cranes on the job?

Answer may include but not limited to:

- A flag person to control the traffic.
- Flashing yellow hazard lights to warn people.
- Traffic control equipment such as witches hats.
- Scaffolding or a gantry to protect people.
- Warning signs.



QUESTION 30 (PC 1.3, 1.6)

What are some of the hazards when working at heights?

Answer may include but not limited to:

- Falling
- Weather such as lightening, wind and sun glare
- Falling through a brittle roof
- Dropping tools or equipment
- Powerlines
- Carrying material or equipment while on a ladder
- The structure you are working on might collapse
- Something falling on you from above.



QUESTION 31 (PC 1.3, 4.6)

When you fall, you can be injured or killed from the force of stopping (like hitting the ground), or from hitting something as you fall. What is a safe distance to fall?

There is no safe distance. People can be hurt or killed by falls from a small height. The further you fall, the more likely it is that you will be hurt or killed.



QUESTION 32 (PC 4.5)

When do you need to use a fall prevention system?

When there is a chance someone could get injured by falling. Even if they could only fall a small distance you must think of ways to eliminate or reduce the risk.



QUESTION 33 (A) (PC 1.3, 1.4)

Even if you can’t fall very far you must think of ways to work safer. You are putting up plaster using stilts. How can you do this job more safely?

For example, you could use a split-headed trestle scaffold.

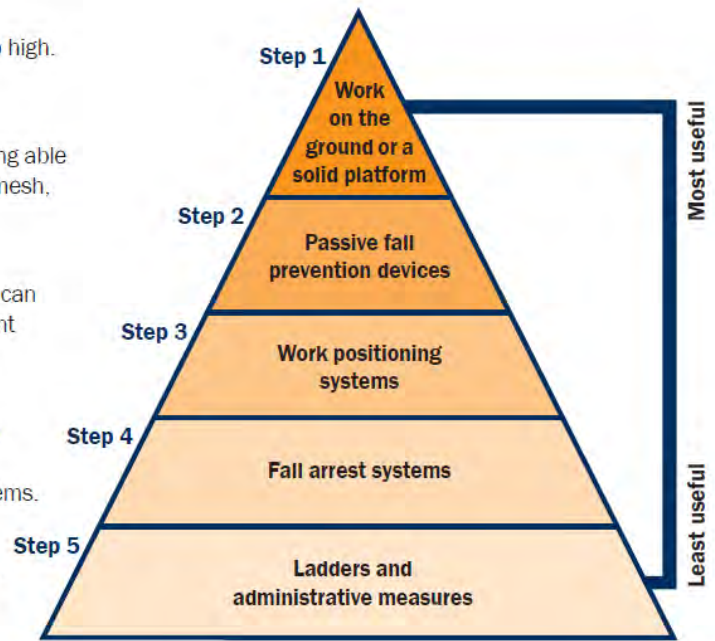


Prevention of falls hierarchy of control measures

You must follow some steps when you plan how to get rid of or reduce the fall risk.



- Step 1: Work on the ground or a solid platform.**
Think of ways to do the job without working up high. This eliminates the chance of falling.
- Step 2: Passive fall prevention devices.**
Use equipment that totally stops you from being able to fall. For example, guard railing, roof safety mesh, edge protection and work platforms.
- Step 3: Work positioning systems**
Use equipment to position the person so they can do the work safely. This includes travel restraint systems and industrial rope access systems.
- Step 4: Fall arrest systems**
These systems are designed to ‘catch’ or stop you if you fall. They include catch platforms, industrial safety nets and safety harness systems.
- Step 5: Ladders and administrative measures**
Working from ladders, or using different ways to do the work are last on the list of controls.



The pyramid shows the five steps in the ‘Prevention of falls hierarchy’ in order from the best choice of control to the last.

Step 1 – Work on the ground or a solid platform

QUESTION 53 (PC 4.1)

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?

Answer may include but not limited to:

- A surface strong enough to support the people and equipment that will be working on it.
- An even surface, which is not too steep (less than 7°) or slippery. It must have grip and be easy to walk around.
- A safe way to get on and off.
- Barriers around the edges to stop people from falling off.

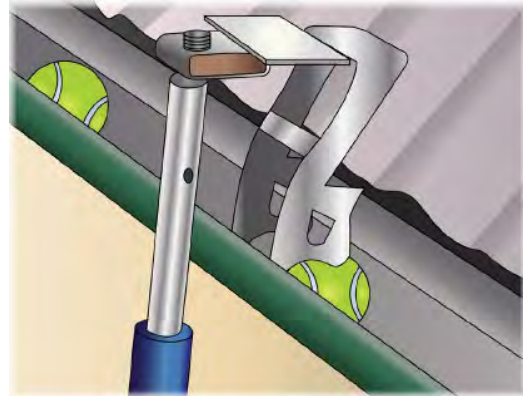


QUESTION 54 (PC 4.1)

Think about the following types of work. How could you do the work from the ground?

Answer may include but not limited to:

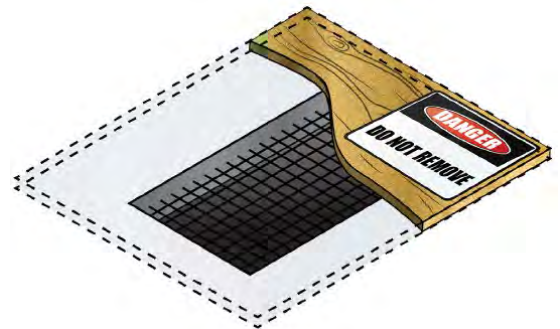
- Get a ball out of a gutter = Use ball retrieval equipment.
- Pruning hedges or trees = Use a long handled hedger or pole pruners.
- Removing leaves from a gutter = Use a long handled cleaning device. Install a gutter guard. Use a blower or pressure washer. Install the air conditioner on the ground instead of mounting it up high.
- Install an air conditioner = Install the air conditioner on the ground instead of mounting it up high.
- Inspect a roof for pests = use infrared devices to scan the roof cavities, ceilings and walls.



QUESTION 55 (PC 2.2)

What is a fall protection cover?

A cover-over which is fixed over holes or openings to stop people falling through. They are usually made of timber, plywood, metal sheeting, or mesh.



QUESTION 56 (PC 2.2)

How strong should a fall protection cover be?

Strong enough to hold the weight of a person falling.



QUESTION 57 (PC 2.2)

Can you work on a fall protection cover made of steel mesh?

No. Mesh fall protection covers should have another cover over the top to stop tools falling through.



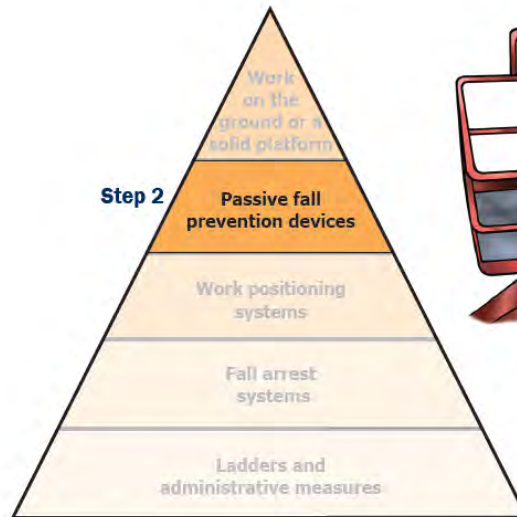
QUESTION 58 (PC 2.2)

Why do you need a sign on a fall protection cover? What should it say?

To warn people that there is a hole underneath. It should say ‘danger hole beneath’.



Step 2 – Passive fall prevention devices

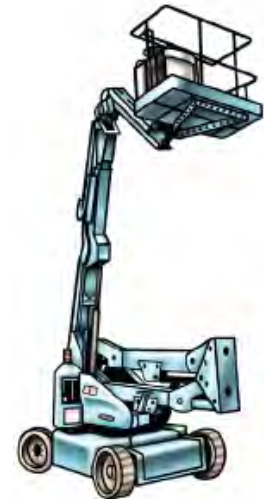


QUESTION 59 (PC 2.2)

Passive fall prevention equipment stops you from being able to fall from an edge or through a hole. Name some passive fall prevention devices.

Answer may include but not limited to:

- Perimeter screens
- Scaffolds
- Temporary work platforms – such as scissor lifts, cherry-pickers, workboxes, or EWPs.
- Guard railing
- Roof safety mesh
- Step platforms
- Trench protection
- Workboxes



QUESTION 60 (PC 2.2)

Do you need a licence to put up perimeter screens?

Yes. You must have a rigging licence.

