

LEARNER GUIDE



Work Safely at Heights

Training support material for:

CPCCCM2012 – Work safely at heights

Produced by:



LEARNER GUIDE



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Introduction to Work safely at heights



What is working safely at heights?

There are lots of dangers when you work at heights. Every year lots of people are injured or killed. Some injuries are from people falling. Some are from people dropping tools or equipment on other people below.

In this course you will learn the risks (dangers) of working at heights. You will learn the best way to control the risk to make sure everyone is safe.



PCBU/Employer's duty of care

The PCBU must:

- Provide a safe workplace
- Train workers and make sure they know what to do on the job
- Try to get rid of risks, or find ways to minimise risks
- Tell workers about any hazards or risks.
Workers must know what to do in an emergency.
- Have a workplace safety plan. For example, workers should be trained in the use of fire fighting equipment and first aid equipment.

Penalties

If you are a PCBU/employer or a worker, the government can fine you or even imprison you for failing your duty of care.



Safety at work



QUESTION 23

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?



Working at heights



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.



QUESTION 25

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

Pest control



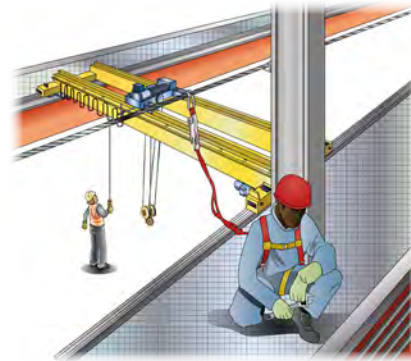
Prune trees or shrubs



Painting, plumbing or electrical work



Building and construction



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QUESTION 25

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

Removal of branches, leaves or balls



Working on mezzanine floors



Telecommunications



QUESTION 26

What are some of the hazards when working at heights?

Falling



Weather problems, such as lightning, wind, dust or sun glare



Falling through a brittle roof



Dropping tools or equipment



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QUESTION 27

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 28**

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.



This is the law. For more information see the 'How to Prevent Falls at Workplaces' national code of practice on the Easy Guides Trainer's Resource.

QUESTION 29

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.

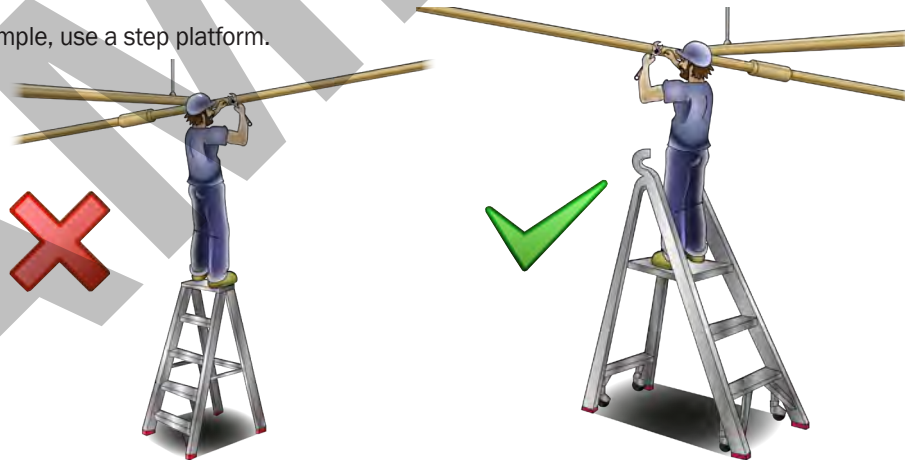


QUESTION 30

You are working on some pipes on the top rung of a step ladder.

How can you do this job more safely?

For example, use a step platform.



Prevention of falls hierarchy of control measures



Prevention of falls hierarchy of control measures

If there is a risk someone could fall, you need to try and get rid of the risk.
If you can't get rid of the risk, then you need to reduce the risk as much as you can.

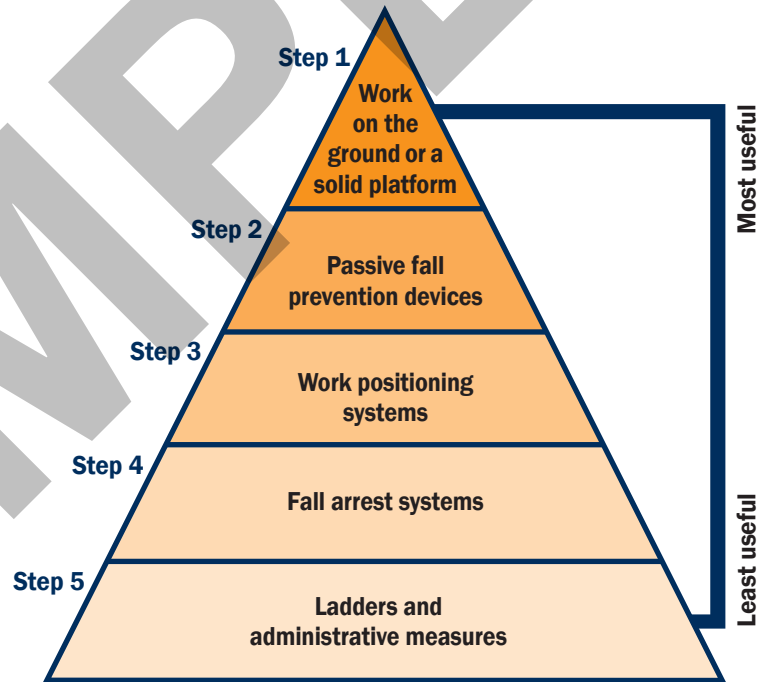
**You must follow some steps when you plan how to get rid of or reduce the fall risk.
This is the law.**



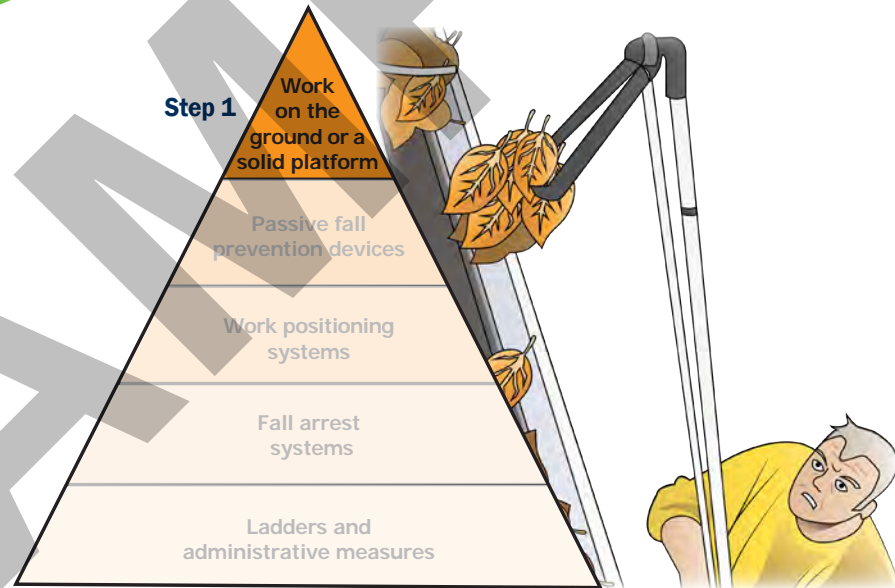
If you don't follow the steps in the right order you could be taken to court. You could be punished by a judge.

It is important that you have thought about these steps before you start any work.

The steps are called the **Prevention of Falls Hierarchy of Control Measures**.



Step 1 - Work on the ground or a solid platform



Step 1 – Work on the ground or a solid platform

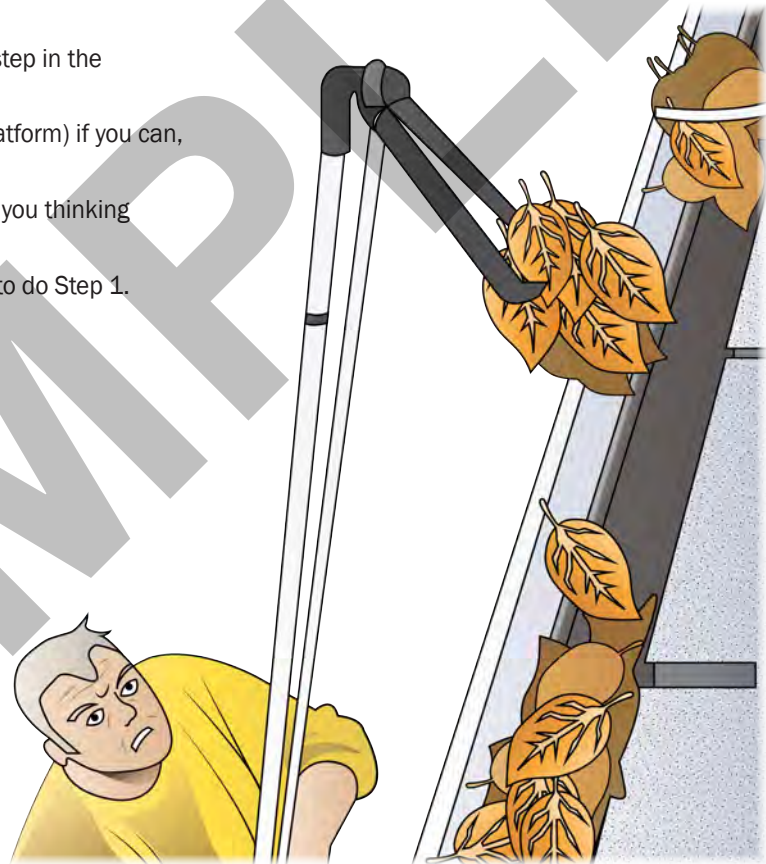
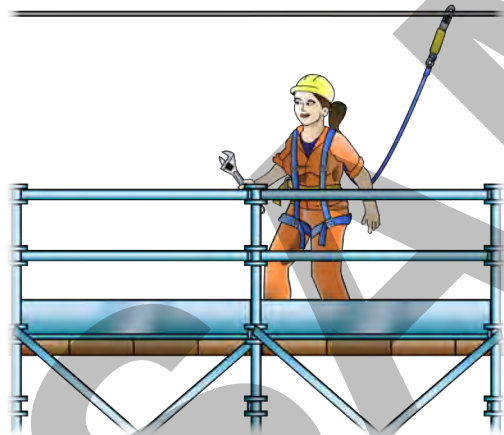
Step 1 is to work on the ground or a solid platform.

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

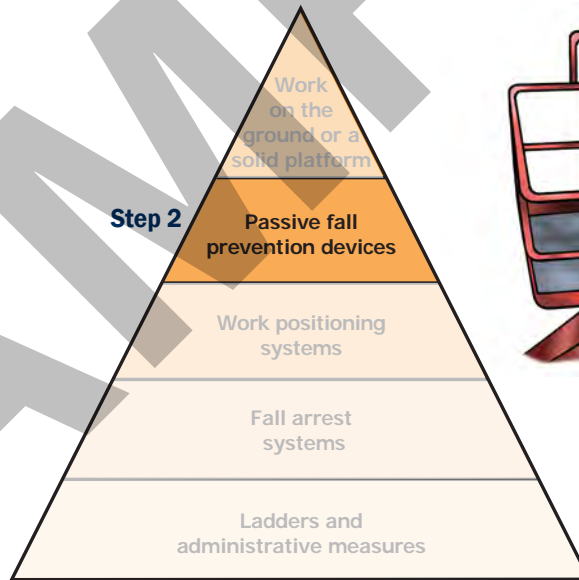
The law says you must work on the ground (or a solid platform) if you can, instead of working up high.

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.



Step 2 - Passive fall prevention devices



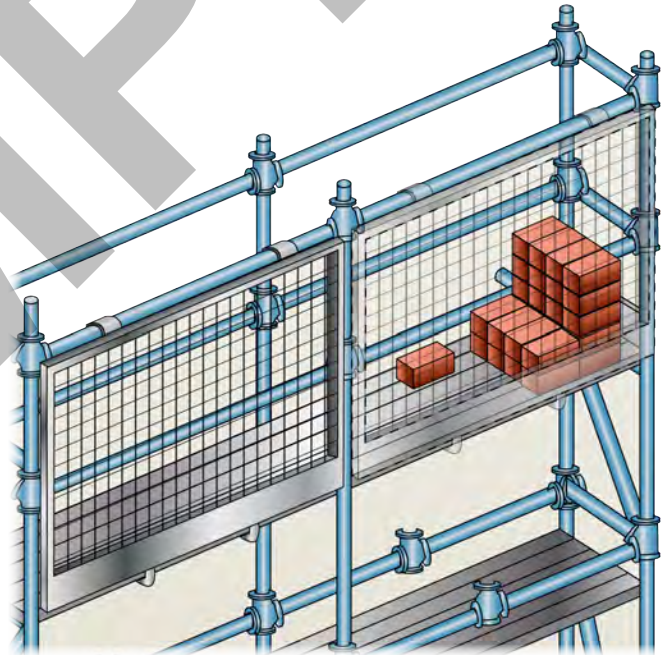
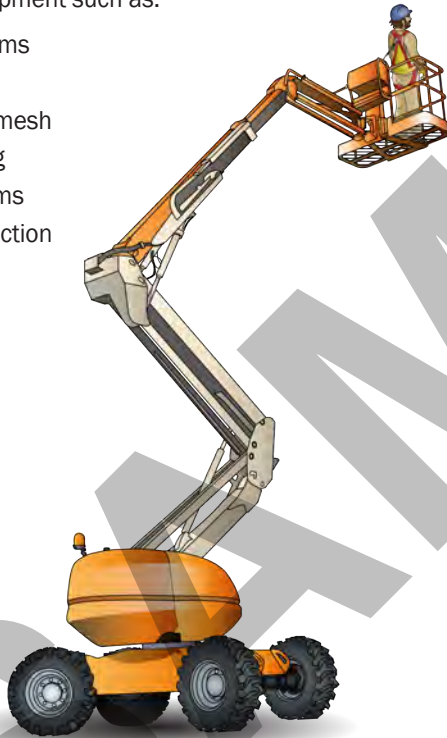
Step 2 – Passive fall prevention devices

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.

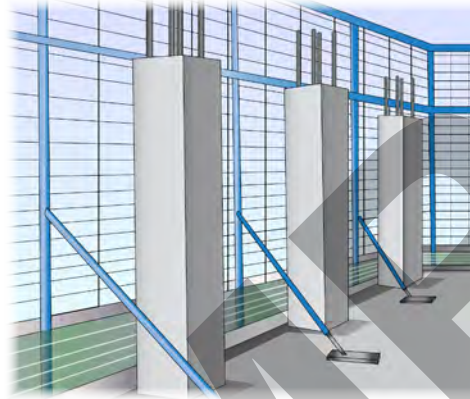


QUESTION 52

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

Name some passive fall prevention devices.

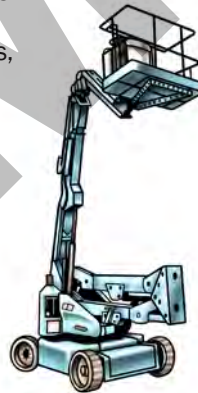
Perimeter screens



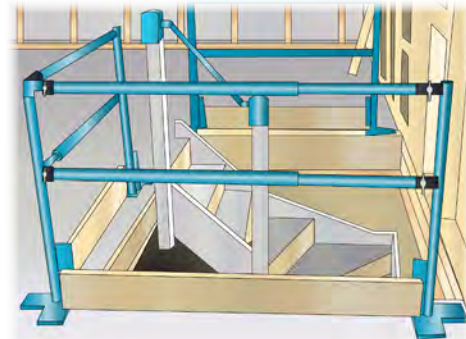
Scaffolds



Temporary work platforms – such as scissor lifts, cherry-pickers, workboxes, or EWPs.



Guard railing



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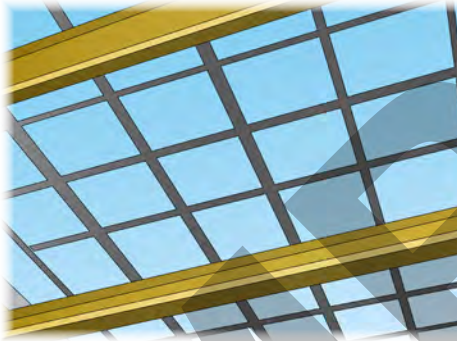
QUESTION 52

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

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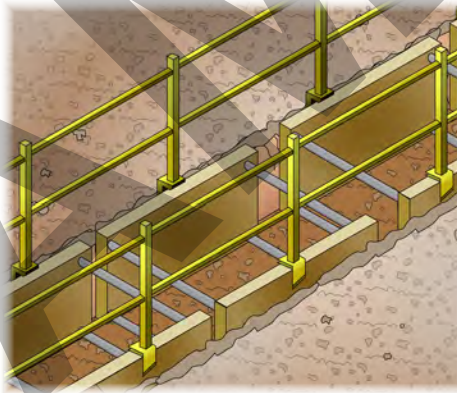
Roof safety mesh



Step platforms



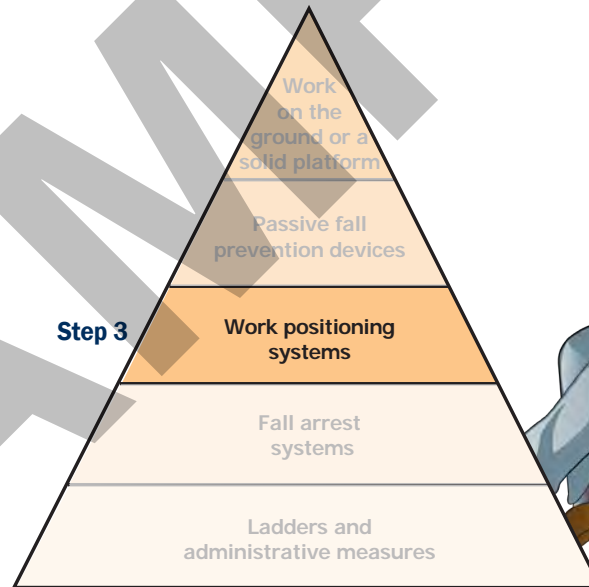
Trench protection



Workboxes



Step 3 - Work positioning systems



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.

There are two types of work positioning systems.

1. Industrial rope access systems.
2. Travel restraint systems.



QUESTION 70

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

1. Industrial rope access system.



2. Travel restraint system.



QUESTION 71

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.



QUESTION 72

What is a travel restraint system?

You wear a harness which is connected to a lanyard. The lanyard is anchored to stop you going near an edge where you could fall.

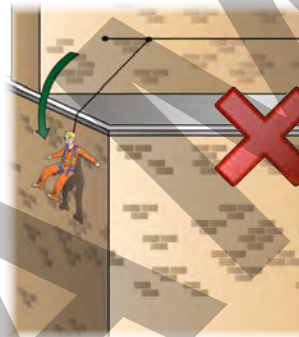
Sometimes the lanyard is anchored from a single anchor point, and sometimes from a static line.

The most important thing about a travel restraint system is that you **cannot reach an edge where you could fall.**

**QUESTION 73**

How do you safely set up a restraint system?

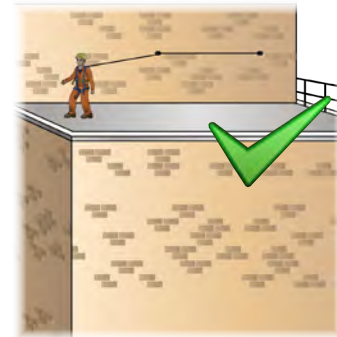
Before you start work.



If you set up a restraint line incorrectly you could fall and be injured or killed.



If you use a single anchor point make sure the restraint line is not long enough that you could fall.



If you use a static line make sure that you can't reach an edge anywhere along the static line.