

# LEARNER GUIDE



## Work Safely at Heights

Training support material for:

RIIWHS204E – Work safely at heights

Produced by:



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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.



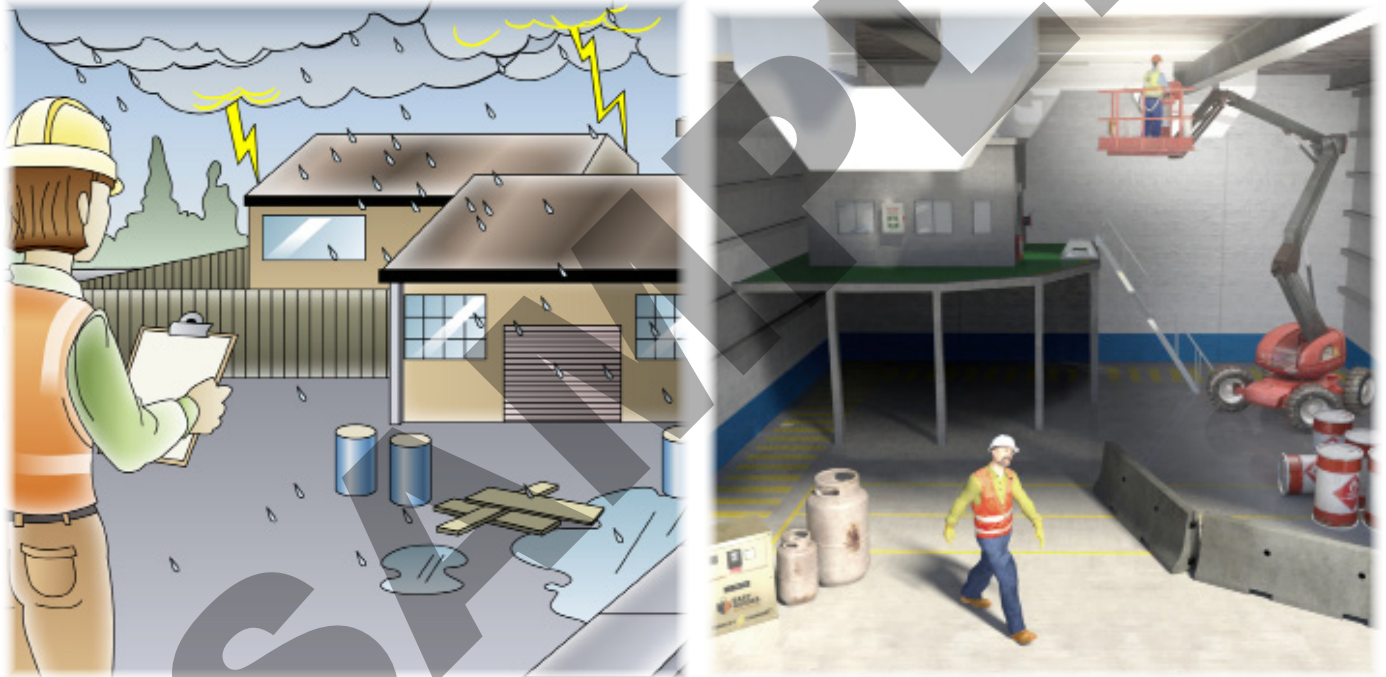
# Safety at work



## Work safely

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

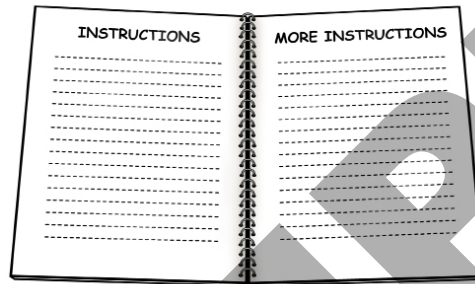
In this section you will learn about the types of hazards on a work site, and ways to control them.



**QUESTION 8**

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

Instructions



Signs



Hand gestures or signals



Listening and asking questions



# 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 47**

Why must you regularly check your safety system?

To make sure it is still safe and works properly.



# Prevention of falls hierarchy of control measures

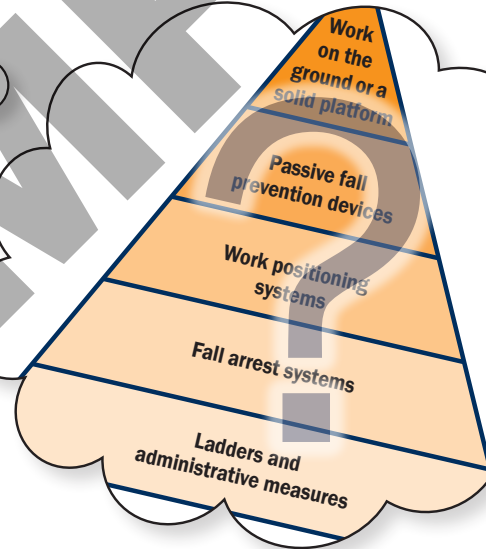


## Knowing the steps

The next five chapters of this book will cover the five steps in the hierarchy of the 'Prevention of Falls Hierarchy of Control Measures'. Each chapter will talk about one of the main steps.

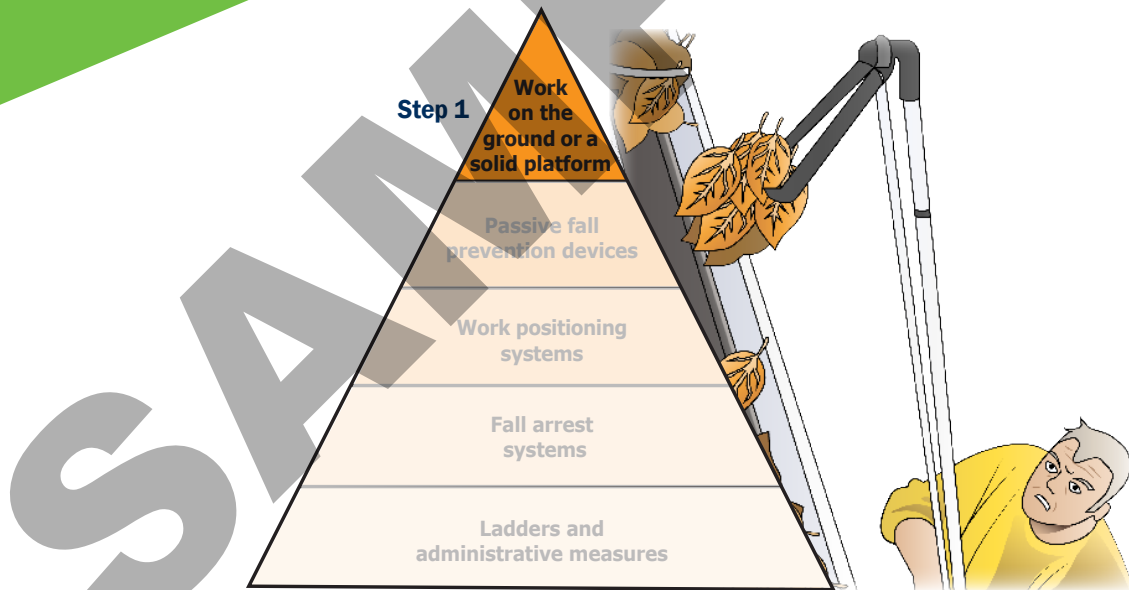
It will tell you what the step means and talk about some equipment you can use with that step. Make sure you understand each step before you move to the next chapter. When you are planning a job you must think about the steps of the Prevention of falls hierarchy of control measures.

The five steps in the Prevention of falls hierarchy of control measures come from the 'How to prevent falls at workplaces' national code of practice.



For more information, please read the Code of practice found in the Easy Guides 'Work Safely at Heights – Trainer's Resource'.

# Step 1 - Work on the ground or a solid platform



## Step 1 – Work on the ground or a solid platform

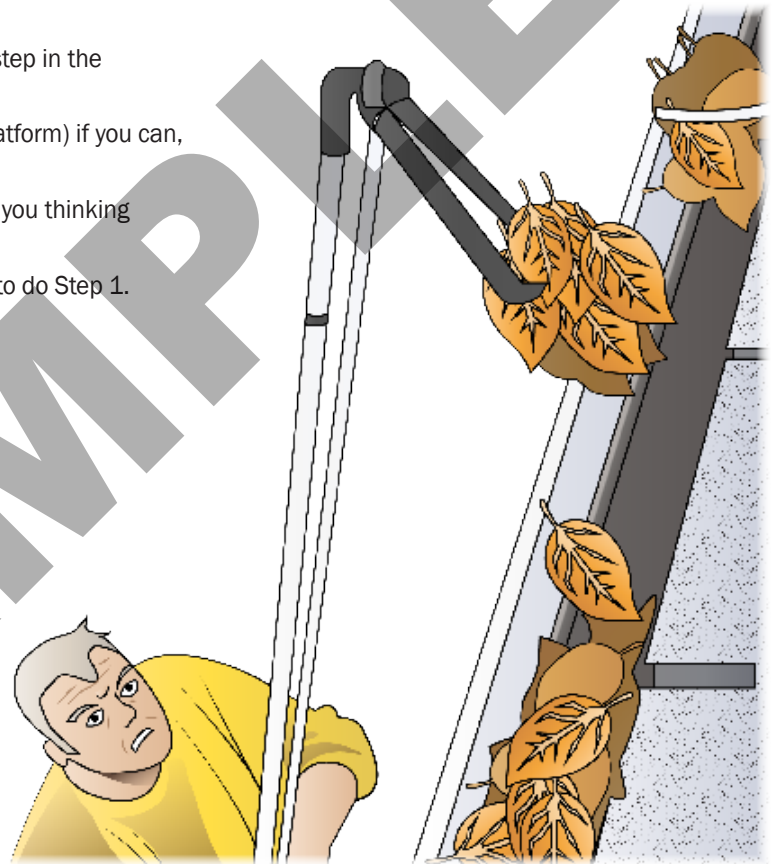
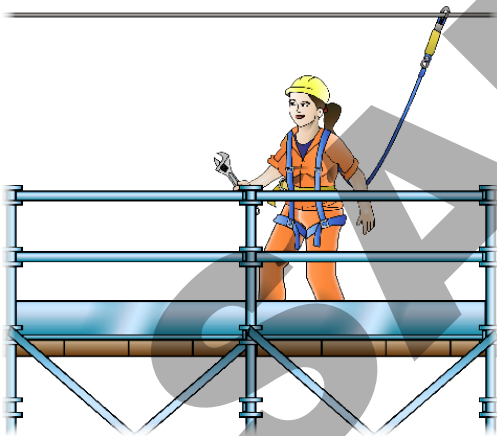
**Step 1** is to work on the ground or a solid platform.

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

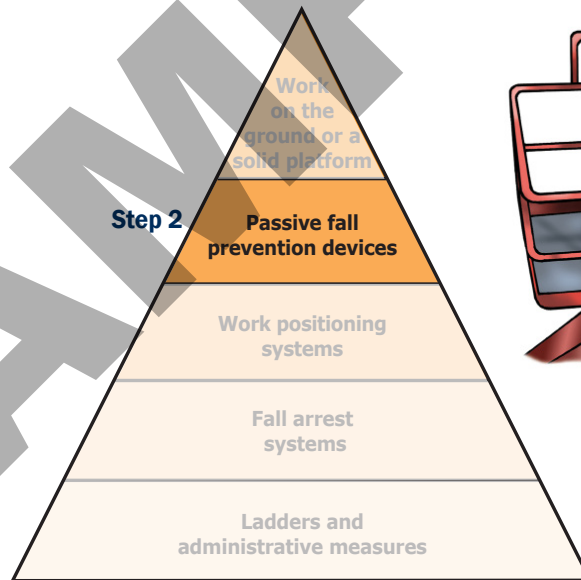
The law says you must work on the ground (or a solid platform) if you can, instead of working up high.

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



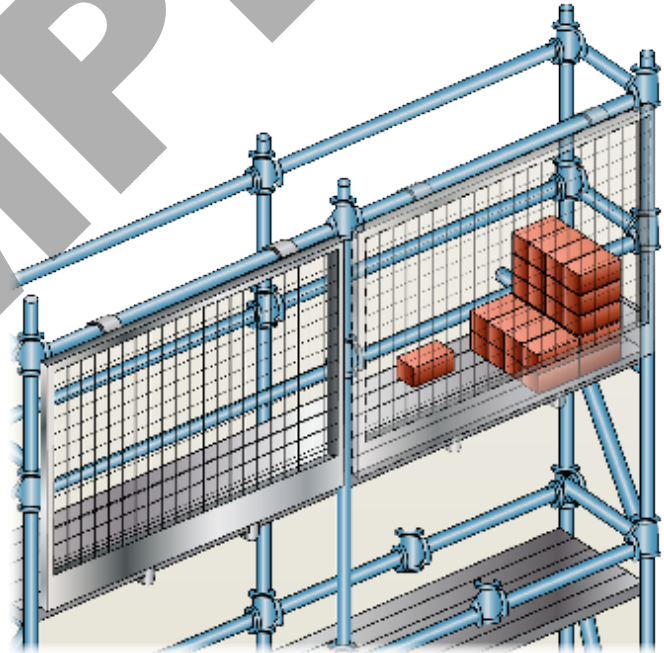
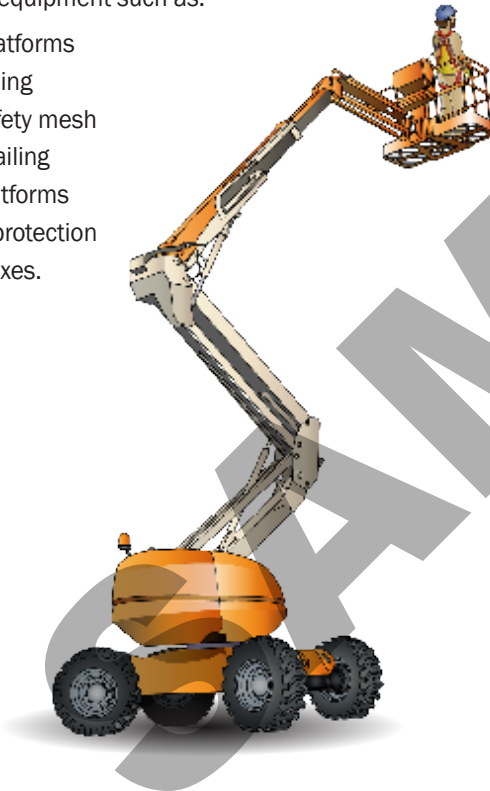
## Step 2 – Passive fall prevention devices

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.

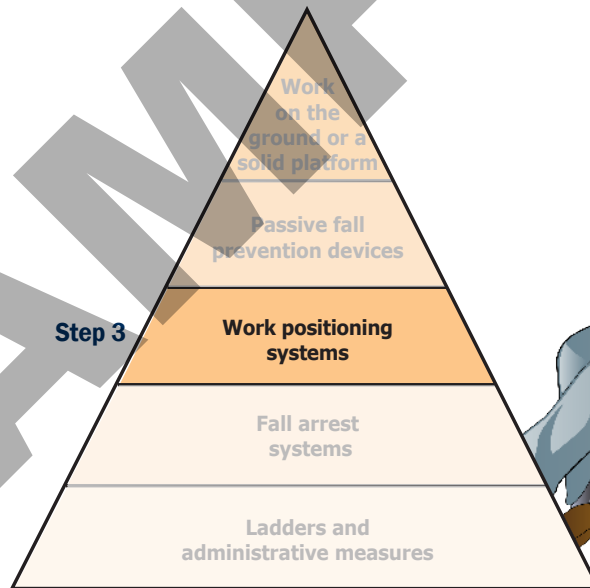
It includes equipment such as:

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





# 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 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.



**QUESTION 79**

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.

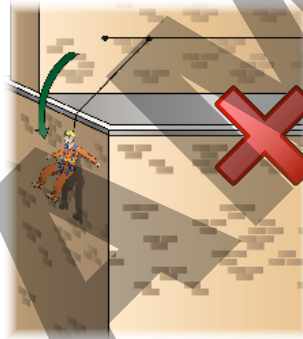
Sometimes the lanyard is anchored from a single anchor point, and sometimes from a static line.

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

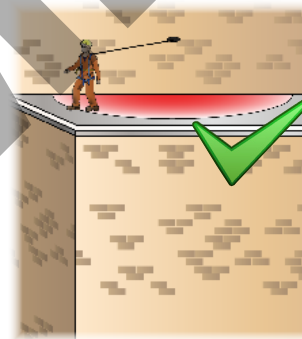
**QUESTION 80**

How do you safely set up a restraint system?

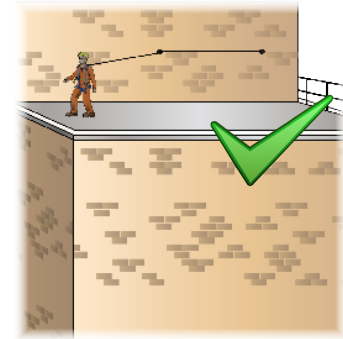
Before you start work.



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.

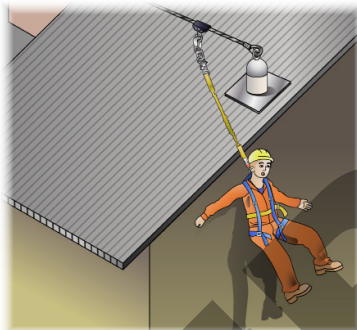


If you use a static line make sure that you can't reach an edge anywhere along the static line.

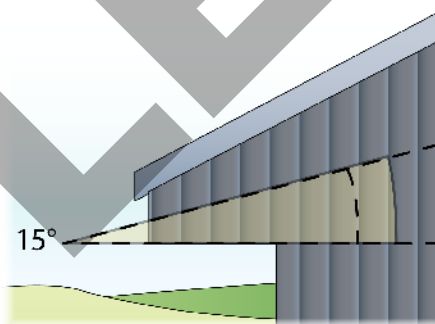
**QUESTION 81**

In what situations would a fall restraint system not be suitable?

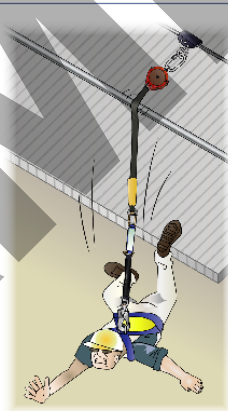
If you can reach an edge where you could fall



If the roof slope is over 15 degrees



If the restraint line can be adjusted to a length where you could fall



If you could fall through the surface, for example, a brittle roof.



**In any of these examples, you would need to use a fall arrest system instead.**

**QUESTION 82**

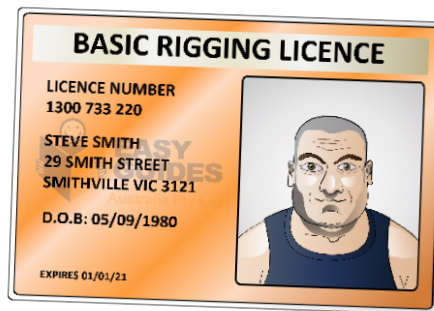
What is a static line?

A static line is a horizontal line mounted above your head. Usually they are made from steel wire rope. To use a static line you wear a harness, and anchor from the static line using a lanyard with a personal shock absorber.

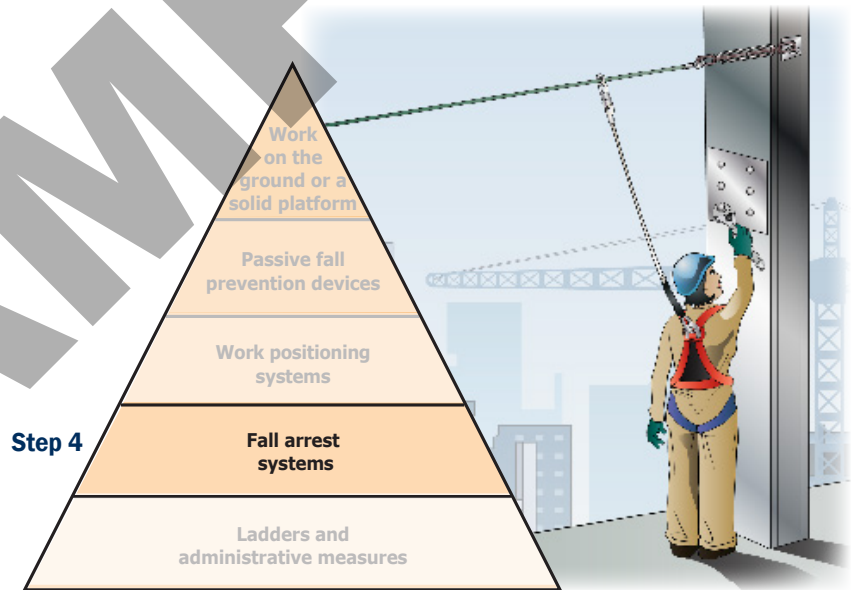
**QUESTION 83**

Who is allowed to put up a static line?

A competent person. This means someone who has had training on how to do it properly. In some states you may need a basic rigging or basic scaffolding licence.

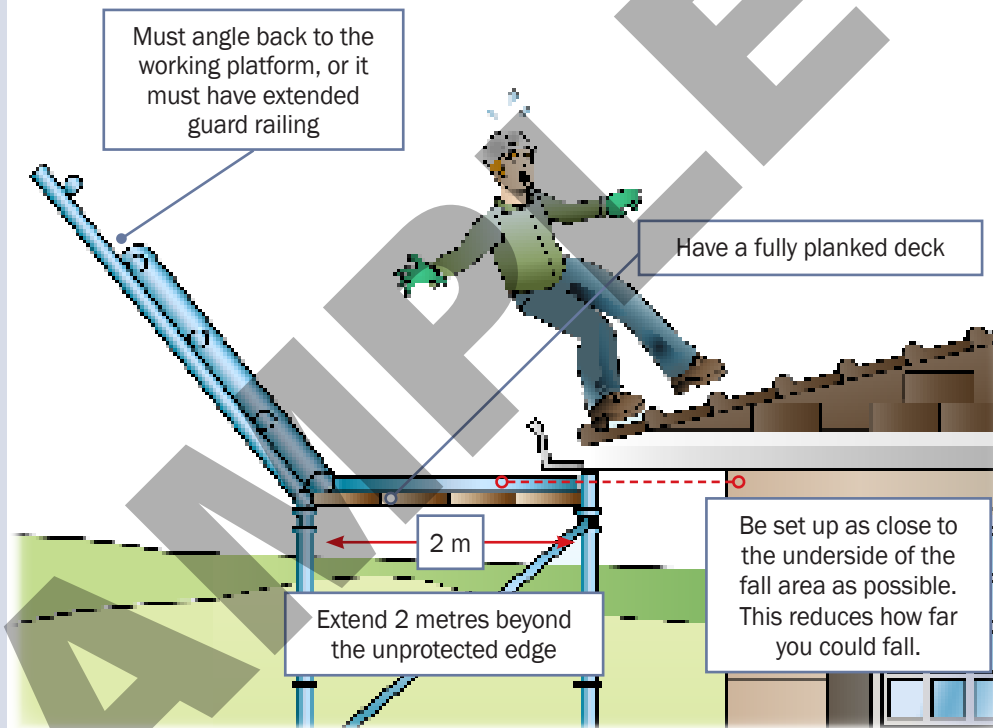


# Step 4 - Fall arrest systems



**QUESTION 89**

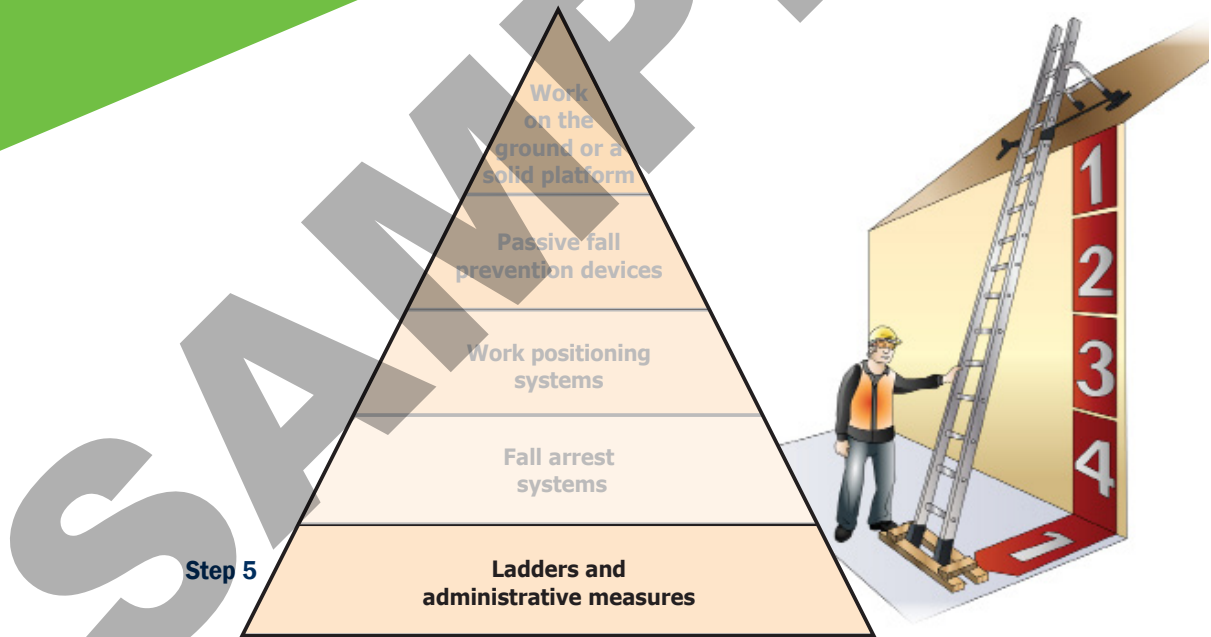
What are the main safety features of a catch platform?



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



# Step 5 - Ladders and administrative measures



Step 5

**QUESTION 146**

What sort of ladder would you use for electrical work?

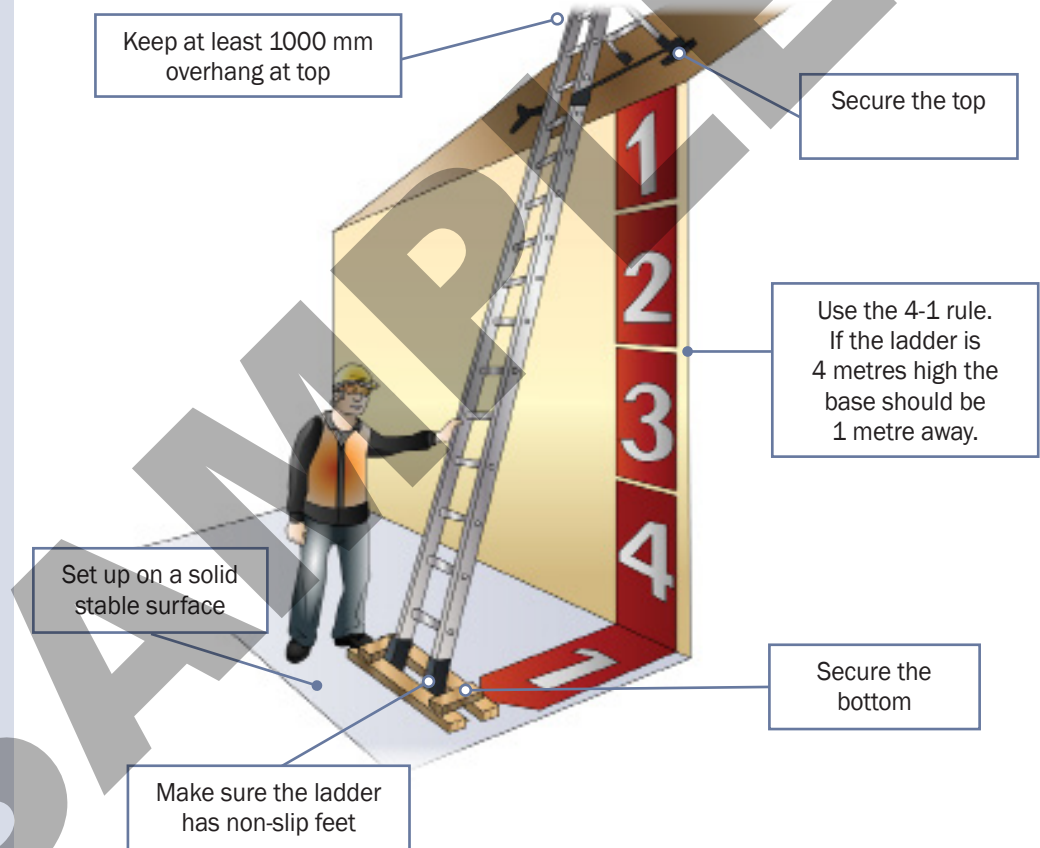
You must use a fibreglass ladder which cannot conduct electricity.



**QUESTION 148**

When you set up a ladder, you must stop it from slipping.

What things do you need to do?



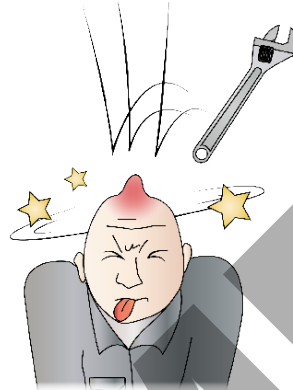
# Clean up



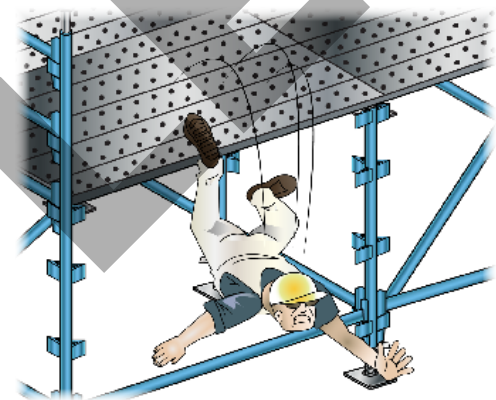
**QUESTION 158**

When removing scaffolding, what hazards do you need to plan for?

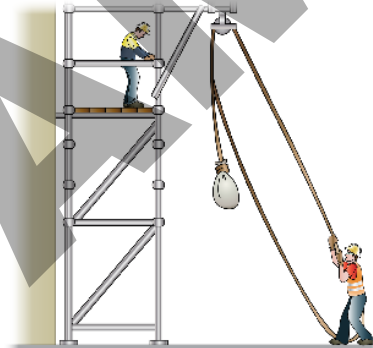
Dropping tools or equipment



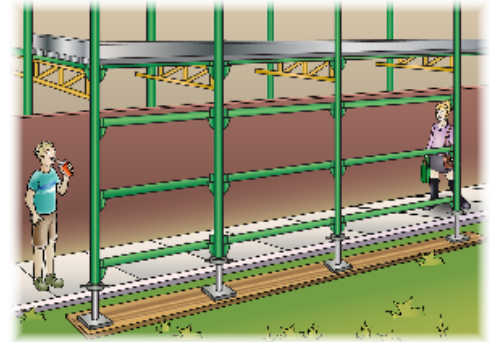
Falling from an unprotected edge



Moving equipment from the scaffold safely to the ground



Making sure workers and pedestrians are safe



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