

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.



Working at heights



QUESTION 30**...CONTINUED FROM PREVIOUS PAGE**

What are some of the hazards when working at heights?

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

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**

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)

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 33 (B)**

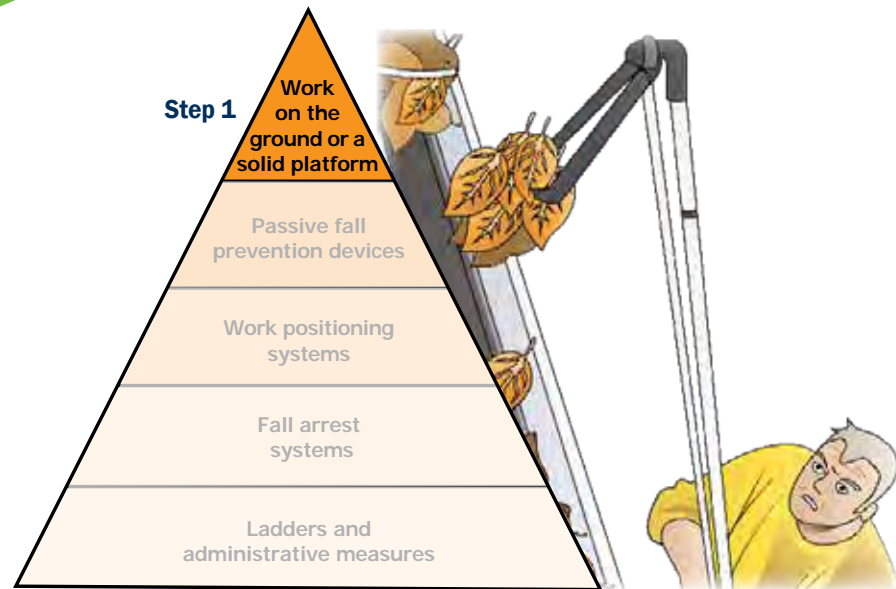
You are working on some pipes on the top rung of a step ladder.

How can you do this job more safely?

For example, use a step platform.



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.

