

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.



Working at heights



QUESTION 29**...CONTINUED FROM PREVIOUS PAGE**

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

Removal of branches, leaves or balls



Working on mezzanine floors



Telecommunications



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.



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.