

# Working at Height

You don't have to fall from a great height to be killed or seriously injured. This checklist will help you reduce the risk of injury associated with working at height. You should involve your workers in filling out this checklist.

If you mark any NO box on the checklist, you need to take action to make your workplace safer.

**Date checklist completed:**

*(Checklist to be completed prior to each use)*

**Name of person who completed checklist:)****Position title:****Company/workplace:****Protective systems**

When workers are working at height, do you have:

- |  |     |    |
|--|-----|----|
| • roof-edge protection?                | Yes | No |
| • scaffolds and work platforms?        | Yes | No |
| • fall arrest anchorage and harnesses? | Yes | No |

Are these systems:

- |  |     |    |
|--|-----|----|
| • in good working condition?               | Yes | No |
| • regularly inspected?                     | Yes | No |
| • installed by a competent person?         | Yes | No |
| • sufficient and appropriate for the task? | Yes | No |

Are workers trained in these systems?

**Ladders**

Have you chosen the correct ladder for the task (ie industrial-rated ladders, not domestic step ladders or extension ladders)?

Yes No

Is the ladder in good working condition?

Yes No

Is the ladder placed squarely on a firm, non-slip surface?

Yes No

Has the top of the ladder been restrained (ie tied to a support) or secured by a person holding the bottom until work is completed?

Yes No

Do workers know how to ascend and descend the ladder safely?

Yes No

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**Work areas**

Is the condition of the roof safe (consider the pitch, surface, and capacity of the roof to support loads)?	Yes	No
Are workers clear of overhead powerlines?	Yes	No
• If no, have the powerlines been protected?	Yes	No
Are suitable barriers placed around the area so no one is underneath, and the ladder/scaffold etc can't be bumped or disturbed?	Yes	No
Is the area free of hazards (such as sloping or uneven ground, unfavourable weather conditions)?	Yes	No

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**Other**

Do workers have appropriate clothing, footwear and safety equipment?	Yes	No
Can the task be performed on the ground?	Yes	No

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