

Working from Height

Work at height means work in any place where, if there were no precautions in place, a person could fall a distance liable to cause personal injury.

Working at height remains one of the biggest causes of fatalities and major injuries. Common cases include falls from ladders and through fragile surfaces.

Key Facts

In Britain in 2019/20 111 workers died as a result of injuries from an accident at work. From these, 29 were killed as a result of a fall.

Over two-thirds of all major work at height injuries are caused by low falls – 2 meters or less.

Your employer must do all that is reasonably practicable to prevent anyone from falling from height.

Hints and Tips

Follow the risk assessment and safe system of work as carried out by your employer.

Follow the hierarchy for managing risks from work at height.

- Avoid work at height where it's reasonably practicable to do so
- Where work at height cannot be easily avoided, prevent falls using either an existing place of work that is already safe or the right type of equipment
- Minimise the distance and consequences of a fall, by using the right type of equipment where the risk cannot be eliminated

Where work at height is necessary you need to justify whether the equipment is the most suitable access equipment compared to other access equipment options.

Always consider measures that protect everyone at risk (collective protection) before measures that only protect the individual (personal protection).



Do...

- Avoid work at height where it is reasonably practicable to do so.
- Work as much work as possible from the ground
- Wear adequate Personal Protective Equipment where appropriate.
- Comply with any procedures and signage.
- Inspect work at height equipment before use.
- Only use ladders as a last resort.

Don't...

- Work at height if you feel unsafe.
- Work at height if weather conditions will endanger your health and safety.
- Work on or near a fragile surface unless there are adequate precautions in place.