Figure 1 Step-by-step diagram

Can you **AVOID** working at height in the first place? If **NO**, go to **PREVENT**

Do as much work as possible from the ground.

Some practical examples include:

- using extendable tools from ground level to remove the need to climb a ladder
- installing cables at ground level
- lowering a lighting mast to around level
- ground level assembly of edge protection

You can do this by:

- using an existing place of work that is already safe, eg a nonfragile roof with a permanent perimeter guard rail or, if not
- using work equipment to prevent people from falling

Can you **PREVENT** a

If NO, go to MINIMISE

fall from occurring?

Some practical examples of collective protection when using an existing place of work:

 a concrete flat roof with existing edge protection, or guarded mezzanine floor, or plant or machinery with fixed guard rails around it

Some practical examples of collective protection using work equipment to prevent a fall:

- mobile elevating work platforms (MEWPs) such as scissor lifts
- tower scaffolds
- scaffolds

An example of personal protection using work equipment to prevent a fall:

 using a work restraint (travel restriction) system that prevents a worker getting into a fall position Can you **MINIMISE** the distance and/or consequences of a fall?

If the risk of a person falling remains, you must take sufficient measures to minimise the distance and/or consequences of a fall.

Practical examples of collective protection using work equipment to minimise the distance and consequences of a fall:

 safety nets and soft landing systems, eg air bags, installed close to the level of the work

An example of personal protection used to minimise the distance and consequences of a fall:

- industrial rope access, eg working on a building façade
- fall-arrest system using a high anchor point

Using ladders and stepladders

For tasks of low risk and short duration, ladders and stepladders can be a sensible and practical option.

If your risk assessment determines it is correct to use a ladder, you should further **MINIMISE** the risk by making sure workers:

- use the right type of ladder for the job
- are competent (you can provide adequate training and/or supervision to help)
- use the equipment provided safely and follow a safe system of work
- are fully aware of the risks and measures to help control them

Follow HSE guidance on safe use of ladders and stepladders at www.hse.gov.uk/work-at-height/ index.htm