

TOP 10 SAFETY TIPS FOR

WORKING AT HEIGHT



STAYING SAFE WHILE WORKING AT HEIGHT

requires proper training, planning, and procedures for identifying and removing potential hazards. Below are some safety tips for working at height:

1

Ensure all of your employees working at height, or exposed to fall hazards, have received height safety training before they start working (per OSHA 1910.30).

2

Perform a Job Safety Analysis (JSA) to identify the types of jobs or activities that you or your co-workers perform that could be considered higher risk.

3

Complete a Working at Height Risk Assessment (WHRA) to identify height considerations, hazard considerations and controls, emergency protocols, and rescue plans.

4

After you've identified all hazards, put a plan together to control or eliminate those hazards. Before work begins, plan and organize all work at height.

5

Properly communicate your hazard control plan to all workers, both employed and contracted, on the job site.

6

Select the appropriate personal fall protection equipment for your workers—harnesses, retractable devices, shock absorbing lanyards, etc.

7

Inspect and properly maintain all equipment used when working at height according to manufacturer specifications.

8

Confirm that the fall distance has been calculated properly and account for nearby obstacles or obstructions that could be a swing / fall hazard.

9

Ensure that the anchor points are rated and can hold at least 5,000 lbs. per worker attached.

10

Establish a culture of safety by reviewing and documenting the completion of the job. Discuss what hazard controls were used, why they were used, and what you could do better next time.



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Please Note: It is always the responsibility of the end user or other designated or qualified person to inspect their fall protection equipment and make sure that it is in proper working condition and rated for the specific task, prior to performing working at heights.

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