

Understanding Work at Height

The hierarchy of personal protection for working at height

1. Work Restraint

Where there is a surface to stand on, work restraint can be used. This prevents users reaching an area where there is a risk of falling.

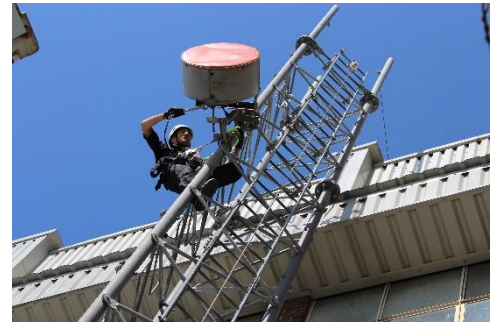
All types of fall protection equipment are normally suitable for work restraint.



2. Work Positioning

Where there is no working surface, work positioning can provide support to the user. This approach can help with the work task by leaving both hands free.

When using work positioning equipment, the user should be protected by a secondary system. Some equipment used for fall arrest is also suitable for work positioning.



3. Fall Arrest

Where it is not possible to eliminate the risk of a fall, fall arrest equipment should be used. It is important to minimise the extent and consequences of a potential fall.

Any system used to arrest a fall should contain an energy absorbing element.



Rescue

It is essential to have a rescue plan in place to recover a casualty quickly.

A rescue plan normally includes having specific equipment available at all times. Users should be trained and competent in the use of this equipment.

