

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 need to climb a ladder
- Installing cables at ground level
- Lowering a lighting mast to ground level
- Ground level assembly of edge protection

Can you **PREVENT** a fall from occurring?

If NO, go to **MINIMISE**

You can do this by:

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

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
- 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 consequence 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 & consequences of a fall:

- Safety nets and soft landing systems, eg air bags, installed close to the level of 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 & Stepladders

For tasks of low risk & short duration, ladders & stepladders can be a sensible & 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
- Use the equipment provided safely & follow a safe system of work
- Are fully aware of the risks & measures to help control them

Follow HSE guidance on safe use of ladders & stepladders

For each step consider what is reasonably practicable and use 'collective protection' before 'personal protection'.