



Work at Height

- Avoid work at height wherever possible
- Work at height must be planned, supervised and safe
- Prepare a written risk assessment
- Use equipment that protects the largest number of people in preference to individual equipment
- Ladders are only for work of short duration.
Maintain 3 points of contact
- Work platforms must have top and intermediate handrails and toeboards
- Protect all edges and openings where a fall could occur
- Inspect the equipment used for work at height
- Train users of fall arrest equipment
- Have rescue and emergency plans in place



Visit www.hsa.ie for more information