

# What to watch when Working at Height



Falls from height are the single biggest cause of workplace deaths and one of the main causes of major injuries. It is therefore essential that any work at height is properly planned, supervised and carried out by competent people to make sure it is undertaken safely as required by the Work at Height Regulations 2005 (WAHR).



## AVOID

Always avoid working at height wherever possible.

## PREVENT

If you must work at height, do everything reasonably practicable to prevent anyone falling, using the most suitable equipment.

## MINIMISE

If you cannot eliminate the risk of a fall, use the most suitable equipment or take other measures to minimise the distance and consequences of a fall.

## ASK

If in doubt, further very helpful guidance on working at height can be found on the Health & Safety Executive website [www.hse.gov.uk](http://www.hse.gov.uk) or on the Access Industry Forum website [www.accessindustryforum.org.uk](http://www.accessindustryforum.org.uk)

- Think and plan ahead and organise the work properly.
- Carry out a risk assessment, specific to the circumstances, and always act on its outcome.
- Give priority to 'collective' over 'personal' protection measures.
- Ensure that everyone involved is trained and competent.
- Take appropriate measures to prevent the fall of tools or materials.
- Take sufficient measures when working on or near fragile surfaces.
- Use and inspect equipment properly and keep it in safe working order.



# **NO** *Saving lives by* **FALLS** *stopping falls*

FOUNDATION



The No Falls Foundation is the first and only UK-based charity dedicated to keeping people safe while working at height. The Foundation raises funds, organises appeals and promotes campaigns in support of its three objectives:



## **EDUCATION**

Raising awareness and understanding of the risks associated with working at height and the need for proper risk assessment, informed equipment selection and professional training.



## **RESEARCH**

Undertaking research into the causes of falls from height and cooperating and collaborating with a wide range of organisations including professional bodies, universities, trade associations and government agencies.



## **SUPPORT**

Providing information, guidance and support to those in need by reason of ill-health, disability, financial hardship or other disadvantage following a fall from height, or injuries sustained from objects falling from height.

## **GET INVOLVED**

- **Sign up to our free eNewsletter Saving Lives** •
- **Join our official Supporter Scheme** • **Make a one-off or regular donation** • **Share your personal story** •
- **Become an Ambassador**

# **nofallsfoundation.org**

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