

Safe Working

Working at Height

Take Care of Yourself

There is a risk of falling when there is a danger of falling 2.5 metres or more, when there are risk-increasing circumstances (e.g. working above water), or at openings in floors. A person who is within 4 metres of an unprotected edge with a height difference of more than 2.5 metres is also in a hazardous situation. Apply appropriate collective fall protection measures in such cases, such as installing a safety net, handrail and/or railing.

- Is the work temporary in nature? Use a suitable piece of work equipment such as a MEWP, lines, fall protection, ladders, mobile scaffolding or lifts.
- When working at height where there is a risk of falling objects, tools and materials must be secured to prevent them from falling. Wear the correct personal protective equipment (PPE), such as a climbing harness, helmet and safety footwear.

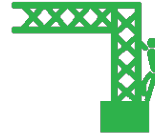
When to Use Fall Protection



When you see this sign, be extra alert to your safety.



When working on a stage where the railing is temporarily missing at the rear.



When working from 2.5 metres without protection, with an unstable/movable workstation or fall risk.

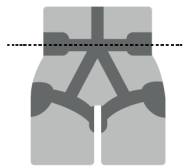


When working with a MEWP.

Using Fall Protection Equipment

- Ensure you have received proper instructions.
- Your supervisor is aware of the work you are going to carry out at height.
- It is known who can carry out a rescue at height.

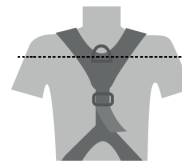
Putting on a Climbing Harness



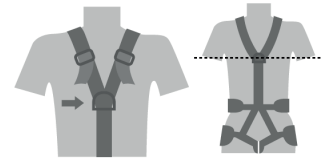
Put on the harness with the straps over your shoulders. Fasten the waist strap first.



Fasten the leg loops. No more than one hand should fit between the strap and your leg.



Tighten the shoulder straps and ensure the dorsal D-ring is in the correct position.



Attach the fall protection between the shoulder blades or on the chest. Your hands are free and you are properly secured.

Fall Protection Equipment



Lanyard & energy absorber

For work at height with fall hazard. The energy absorber reduces the force upon a fall. During movement, at least 1 line must be attached to an anchor point. The standard lanyard is 2 metres and must not be extended.



Fall arrester

When movement is not required. Positioned above the user on a suitable anchor point.



Vertical safety line (guided type anchor device)

If present, e.g. on a tower or rope ladder. Via a guided-type anchor device that moves with the user and locks automatically upon a fall. The device must be correctly attached to the safety harness and must be compatible with the system in use.

Securing Tools

- When carrying out tasks where there is a risk of tools falling.
- When tools are used above workstations, walkways or public areas.

During Use

- Inspect equipment for wear before use.
- Never use lines and accessories for purposes other than their intended use.
- Has a fall occurred? The equipment must first be inspected before reuse.
- Ensure lines do not run along sharp edges or sharp corners.
- Report it if you cannot work safely.
- Share tips on how things can be done more safely next time.