

How to stay safe when working at height



HOW SAFE IS WORKING AT HEIGHT?

Even falls from less than 2m can result in a serious or even fatal injury. In the food and drinks industry alone, the statistics are concerning.

Falls from heights...



Comprise
20%
of fatal accidents.



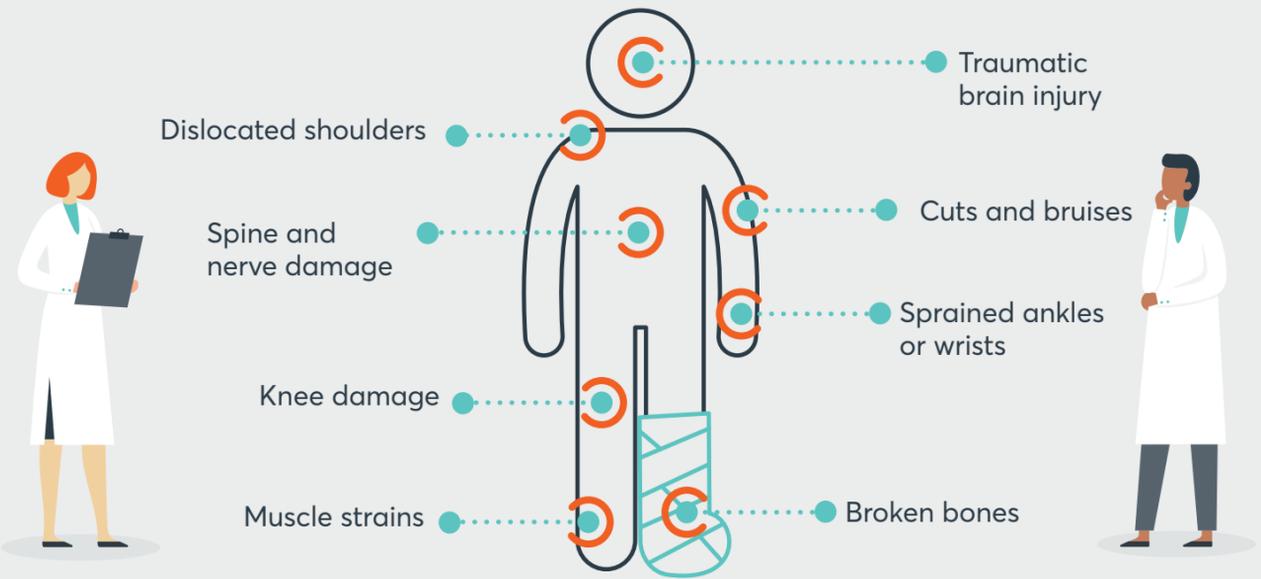
Result in
230
over-3-day absences
each year.



Lead to approximately
80
major injuries each year.

Source: www.hse.gov.uk/food/falls.htm

What kind of injuries can you sustain when falling from height?



How to prevent falls

DO....



- Work from the ground if possible.
- Move safely to and from the height you work at.



- Use suitable, well-maintained equipment.
- Ensure protection from falling objects.



- Be especially careful on/near fragile surfaces.
- Consider emergency evacuation and rescue procedures.

DON'T....



- Overload ladders.
- Overreach on ladders/stepladders.



- Rest a ladder against a weak upper surface.
- Use ladders/stepladders for heavy tasks for more than 30 minutes.



- Let an unskilled or inexperienced person work at height.

For more health and safety resources visit virtual-college.co.uk/resources