

Working at Height

Working at height means working in an environment (except a staircase as a permanent workplace) where a person could be injured by falling from it, even if it is at or below ground level. Falls are among the most common causes of serious work-related injuries and fatalities.

Hazards

- Fall Hazard – a person or object falling from a height
- Inadequate equipment or Incorrect selection of equipment for the work at height task.
- Overloaded work platforms which can make the platform unstable
- Incompetency (workers with no skills, knowledge and experience)
- Adverse weather conditions.

Hierarchy of Controls

If it is reasonably practical to do so, the need to work at height should be avoided to eliminate the risk of a fall.

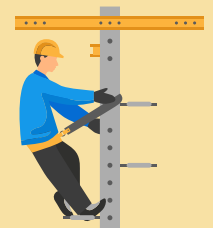
Elimination: Eliminating the need to work at height is the most effective way of protecting the safety of workers from the risk of a fall. Use a telescopic/extendable window tool from ground level to remove the need to climb a ladder.



Fall Prevention: Undertake the work using a passive fall prevention device. These include (edge protection and guardrails, barriers, perimeter guardrails, and protection for trenching works). Use the right access equipment (Mobile Elevated Work Platform, Scaffolding)



Fall Protection: Undertake the work using a work positioning system (Travel Restraint System). Minimize the distance and consequences of a fall, by using the right type of equipment where the risk cannot be eliminated. (Safety Harness System).



Administrative Control: Administrative controls can include workplace policies and procedures that instruct workers in fall protection methods, correct use of equipment, equipment maintenance (safety harness, lifting devices), emergency rescue procedures, weather monitoring etc.



Note: For any work-at-height activities from which workers can fall 6 feet (or 1.8 meters) or more a KAUST work permit must be obtained.