

# Working at Height

## What is Working at Height:

A height from which workers can fall 6 feet (or 1.8 meters) or more from where they stand or sit to perform work. This includes potential falls to lower levels.

## Hierarchy of fall protection:

Falling is the major hazard to consider when working at heights. The hierarchy of fall protection is the preferred order of control for fall hazards. As the hierarchy of controls progress, so does the risk.

