



GUIDE 06

Guide to Working at Height

1. What are the Regulations?

There are many occasions when work is required to be completed at heights. The Work at Height Regulations 2005 apply to all work at height where there is a risk of a fall liable to cause personal injury.

2. As part of the regulations, you must ensure that:

- ☐ The work is essential;
- ☐ That a risk assessment approach is used with a hierarchy of control (avoid work at height if at all possible);
- ☐ That the work is planned;
- ☐ That only suitable and appropriate equipment is selected for the task;
- ☐ That all individuals are trained and adequately supervised.

3. Examples of types of work at height

- Any work on flat or fragile roofs;
- Working from a ladder or step ladder;
- Working next to or near the edge of an excavation or open space, whilst erecting or working from scaffolding or mobile elevated platforms etc.

4. Managing and selecting equipment for work at height.

You should avoid working at height wherever possible, however, where it is unavoidable, you should use appropriate work equipment such as:

- Guardrails and working platforms;
- Collective fall arrest (e.g. nets, airbags etc);
- Personal fall protection (e.g. work restraints, fall arrest and rope access);
- Ladders, to prevent falls where working at height is unavoidable.

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5. Use of Portable Ladders and Step Ladders



The Work at Height Regulations state that a ladder should be used only when all other safer alternatives for work at height have been ruled out and only for short durations. Short duration is between 15 and 30 minutes, depending on the task.



If you wish to understand more about the risks of working at heights, please do not hesitate to contact NucleusHS on 07841836821 or email us on debbie@nucleushs.co.uk and where we will be happy to support you manage your risk.

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