

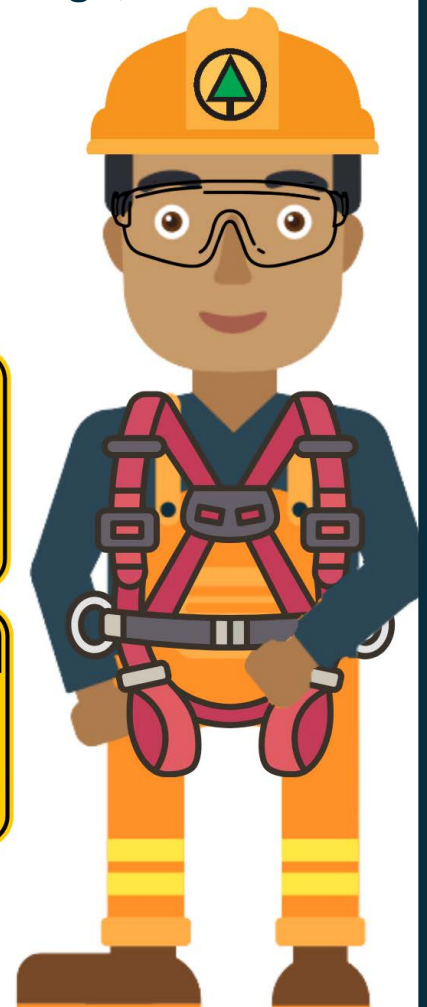
WORKING AT HEIGHTS

Working at heights includes any task where a fall could result in an injury, even from a short distance. This can include work on ladders, scaffolds, roofs, elevated platforms, mezzanines and trucks, as well as work near floor openings or unprotected edges.

Before you start any task, take a moment to look around. Ask yourself: *Where could someone fall?* Look for unprotected edges, open hatches, floor openings, fragile surfaces and temporary covers that may not support a person's weight. Taking the time to identify hazards before work begins can help prevent a serious injury.

KNOW THE RISKS OF HEIGHTS:

- HAZARDS
- STAYING SAFE



BC Forest Safety

Safety is **good** business

WORKING AT HEIGHTS



HAZARDS

- Falls from ladders, scaffolds, lifts, roofs and elevated work platforms
- Unprotected edges, floor openings and holes
- Missing, damaged or improperly used fall protection equipment
- Dropped tools or materials that could strike workers below
- Unstable ladders, scaffolds or work surfaces
- Unsteady or poor footing
- Wind, rain, ice, dust, poor lighting and other environmental conditions that increase fall risk

STAYING SAFE

- Know your company's fall protection plan and rescue procedures. Practice them so you know what to do if something happens.
- Perform a hazard assessment for fall protection before you start your task.
- Use the required fall protection equipment and PPE, and inspect it before each use.
- Check ladders, scaffolds, lifts and work platforms before using them.
- Make sure holes, floor openings and exposed edges are properly protected.
- Secure tools and materials with tethers or other methods to prevent them from falling.
- Maintain three points of contact when climbing.
- Stop work and reassess if conditions change. Weather, poor lighting, slippery surfaces, uneven footing, ice or dust build-up or unsafe equipment can all increase the risk of a fall.

REMEMBER

Before you start, ask yourself: *Where could someone fall on this job?*

Take time to plan the work, use the right equipment and stop if conditions become unsafe. A quick reassessment can prevent a serious injury.

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