

# Working at Height

WHEN TO COMPLETE – Before the start of any **Working at Height** activities

Confirm each control / safeguard below before starting work	Guidance for confirming each control / safeguard	Person(s) Performing Work	Start-Work Verifier
<b>I HAVE CONFIRMED:</b>			
<p><b>1</b></p> <p><b>The hazards are identified, controlled, and it is safe to start</b></p>	<ul style="list-style-type: none"> <li>Complete a task risk assessment specific to the scope of work</li> <li>Discuss hazards with the work team prior to the start of work</li> <li>Check for simultaneous operations that may introduce additional hazards</li> </ul>		
<p><b>2</b></p> <p><b>My fall protection equipment is:</b></p> <ul style="list-style-type: none"> <li>certified</li> <li>inspected</li> <li>rated</li> <li>fit for the task</li> </ul>	<ul style="list-style-type: none"> <li>Fall protection equipment includes fall arrest and/or fall restraint systems</li> <li>Full body harness is load rated to support the weight of the worker</li> <li>Check every strap, buckle, fitting, and/or grommet for signs of wear on fall protection harness</li> <li>Fall arrest system contains a self-retracting lifeline or shock absorbing lanyard</li> <li>Fall restraint contains a fixed lifeline configured to prevent the worker from reaching the edge and falling</li> <li>Fall arrest is shorter than the potential fall distance</li> </ul> <p>Note: Stop and notify supervisor if the fall protection equipment has excessive wear/damage/mechanical malfunction or is not fit for the task</p>		
<p><b>3</b></p> <p><b>The fall protection harness is adjusted to fit</b></p>	<ul style="list-style-type: none"> <li>Only full body harnesses are used</li> <li>Harness straps are not twisted</li> <li>Harness body straps are adjusted for close body fit (i.e., no slack)</li> </ul> <p>Note: Use of body belts is not allowed</p>		
<p><b>4</b></p> <p><b>The approved anchor point(s) are in place for 100% tie off</b></p>	<ul style="list-style-type: none"> <li>100% tie off can occur outside of protected areas (such as an elevated work area not enclosed by hand rails)</li> <li>The anchor point meets regulatory/company requirements</li> <li>The position(s) of anchor points allow for 100% tie off</li> <li>The number of anchor points available allow for 100% tie off</li> <li>Pull on the connecting device to test if attachment is secure</li> </ul> <p>Note: Confirm anyone working at height is 100% tied off at all times (e.g., at least one hook must be anchored at all times)</p>		
<p><b>5</b></p> <p><b>If a fall occurs, the fall path is clear</b></p>	<ul style="list-style-type: none"> <li>Fall protection is fit for purpose to protect the worker if they fall</li> <li>Fall arrest distance is shorter than fall distance to first obstruction</li> <li>If the worker is likely to swing, check that the path is free of obstructions</li> <li>Mobile obstructions have been removed from fall path</li> </ul>		
<p><b>6</b></p> <p><b>The tools/materials being used at height are secured</b></p>	<ul style="list-style-type: none"> <li>Tools used at heights have securing wire/lanyards/tethers</li> <li>Materials used at height are secured in storage boxes, pouches, bags, etc.</li> <li>Cover openings to lower levels (e.g., grating, gaps, etc.) or use debris nets</li> </ul> <p>Note: Follow the site/company dropped object prevention program (e.g., work at height tool register)</p>		
<p><b>7</b></p> <p><b>Barriers and drop/exclusion zones are in place</b></p>	<ul style="list-style-type: none"> <li>Identify drop/exclusion zones</li> <li>Control access to drop/exclusion zones during work at height (e.g., attendant or physical barriers)</li> </ul>		
<p><b>8</b></p> <p><b>The rescue plan is in place and is ready to be used</b></p>	<ul style="list-style-type: none"> <li>The work crew has discussed the rescue plan, including: <ul style="list-style-type: none"> <li>How to start the rescue response</li> <li>Location of rescue equipment and responders</li> </ul> </li> <li>The rescue crew: <ul style="list-style-type: none"> <li>is available</li> <li>is aware of specific hazards related to this task</li> <li>can execute the rescue plan</li> </ul> </li> </ul>		

Confirm these controls / safeguards are in place and verified prior to starting work.  
Stop and seek help if anything changes.

	Printed Name & Role	Signature	Date
Start Work Verifier			

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