

HEALTH & SAFETY



RISK ASSESSMENT: WORKING AT HEIGHT

- **Risks** from working at height:
 - Fall (which can result in major injury or even death)
 - Injury to others, or damage to property, from dropping something

- **Steps to take** to minimise the risk:
 - Use a stable platform. A properly-erected ladder is a stable platform. A solid oak dining chair is a stable platform. A rotating office chair is not.
 - Inspect the platform before using it: is it stable and undamaged?
 - Keep your weight over the platform, don't over-reach
 - Ensure your chosen platform is on stable ground and won't slip
 - Take care not to drop heavy items (e.g. hammer or drill)

Real life examples:

In February 2005, one of our handymen was using a ladder on a tiled floor. The ladder slipped and the handyman fell. He did not fall very far, but fell onto the kitchen worksurface and broke a rib. He was off work for several weeks.