



QNUK Level 1 Award in Health & Safety in a Construction Environment

# UNIT 03

## Know the Importance of Working Safely at Height in the Workplace

supporting **safer sites**

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria: Summary

#### This Workbook Covers The Following Assessment Criteria:

- 3.1 Define the term 'working at height'**
- 3.2 State the employee's responsibilities under current legislation and official guidance whilst working at height**
- 3.3 List hazards and potential risks associated with the following: Dropping tools and debris, stability of ladders, overhead cables, fragile roofs, scaffolds, internal voids, equipment, the working area and other people**
- 3.4 State how hazards and potential risks associated with working at height can be controlled**
- 3.5 State the regulation that controls the use of suitable equipment for working at height**

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

Assessment Criteria 3.1 & 3.2: Define the term 'working at height' & Employee's Responsibilities

### The Definition of Working at Height:

“Work in any place where, if there were no precautions in place, a person could suffer a fall liable to cause personal injury”.

You are working at height if you are working on a **ladder** or a **flat roof**, on a **fragile surface** you could fall through or an **opening in a floor** or a **hole in the ground** you could fall through.

### Working At Height Legislation That Applies:

**The Work at Height Regulations 2005 (WAHR)**

**Lifting Operations and Lifting Equipment Regulations 1998 (LOLER)**

**Management of Health and Safety at Work Regulations 1999**

**Provision and Use of Work Equipment Regulations 1998 (PUWER)**

**The Health and Safety at Work Act 1974 (HASAWA)**

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria 3.2: Employee's Responsibilities

#### **Official Guidance For Workers in Construction When Working at Height:**

- To report any activity or defect relating to work at height likely endanger them or others
- To use equipment or safety devices as instructed
- To take reasonable care of themselves and others who may be affected by their actions
- Not overload or overreach when working at height
- To take precautions when working on or near fragile surfaces & consider falling objects
- To cooperate with their employer
- Must report any concerns related to working at height
- Not to interfere with anything provided to reduce the risk of injury including barriers or other safety equipment



## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria 3.2: Employer's Responsibilities

**The following guidance is normally enough to comply with the Work at Height Regulations 2005 (WAHR). You are free to take other action, except where the guidance says you must do something specific.**

Falls from height are one of the biggest causes of workplace fatalities and major injuries. The purpose of WAHR is to prevent death and injury from a fall from height.

Take a sensible approach when considering precautions for work at height. There may be some low-risk situations where common sense tells you no particular precautions are necessary and the law recognises this. There is a common misconception that ladders and stepladders are banned, but this is not the case. There are many situations where a ladder is the most suitable equipment for working at height. **When using a ladder the optimum angle is 75%.**

#### **What are the Options for Securing Ladders?**

- Tie the ladder to a suitable point, making sure both stiles are tied
- Where this is not practical, secure with an effective ladder stability device
- If this is not possible, then securely wedge the ladder
- If you can't achieve any of these options, foot the ladder. Footing is the last resort.
- Avoid it, where 'reasonably practicable', by using other access equipment.

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria 3.2: Employer's Responsibilities

#### Before Working at Height You Must Work Through These Simple Steps:

- Avoid work at height where it is reasonably practicable to do so
- Where work at height cannot be avoided, prevent falls using either an existing
- place of work that is already safe or the right type of equipment;
- Minimise the distance and consequences of a fall, by using the right type of
- equipment where the risk cannot be eliminated.



**Danger  
Falling hazard**



**Fall arrest  
equipment  
must be worn**

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria 3.3: List Potential Hazards & Risks

#### **Hazards & Risks in Relation to Working at Heights:**

- **Dropping tools and debris**

Risk of tools and debris injuring persons below and damaging structures; potential of structures collapsing and injuring bystanders

- **Stability of ladders**

Risk of ladder slipping out from foot, slipping sideways, ladder falling forwards or backwards, risk of individual on ladder losing balance and falling or dropping objects

- **Overhead cables**

Risk of electric shocks or burns

- **Fragile roof**

Risk of falling through, dropped tools or materials breaking through and injuring persons below

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria 3.3: List Potential Hazards & Risks

- **Scaffolds**

Risk of falling from or through scaffolding, collapse of scaffolding or peeling of scaffolding from structures

- **Internal voids**

Risk of falling into voids, slips and trips

- **Equipment**

Risk of electric shock, cuts and abrasions, entanglement, injury from ejection of material

- **The working area**

Risk of trips and slips, collision with moving vehicles / plant; inhalation of dust, gases or fibers; being struck by falling objects

- **Other people**

Risk due to inappropriate behaviours of fellow workers; physical assault or carelessness



## Unit 03: Know the Importance of Working Safely at Height in the Workplace

### Assessment Criteria 3.4: State how hazards & potential risks working at height can be controlled

**The Work at Height Regulations 2005 have created the Hierarchy of Risk Management to provide guidance on managing and selecting the correct equipment when working at height:**

It is the duty holders responsibility to identify the work involved and plan the work to ensure the correct measures are in place. If the risk of a fall cannot be avoided or eliminated by collective protection measures, such as guard rails, scaffolding, cherry pickers or podium steps or by the use of a personal work restraint lanyard, then the then the time spent working at height should be minimized and the distance and/or consequences of a fall should be mitigated by the use of nets or air bean bags etc.

As a last resort, the use of correct PPE must be implemented.

**Most effective working at height controls -**  
Avoid work at height

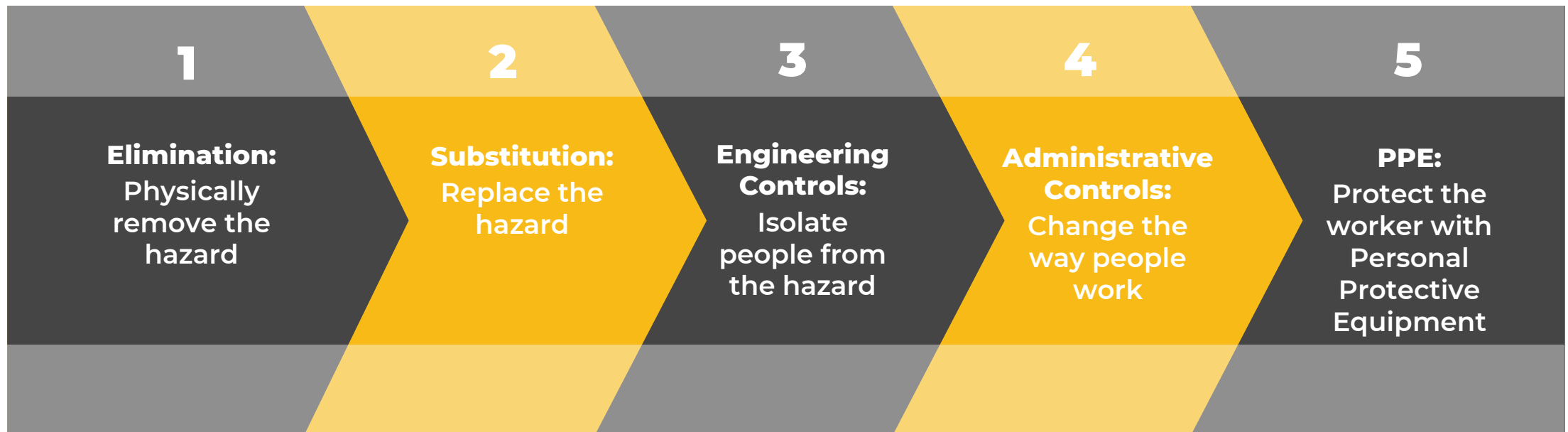


## Unit 03: Know the Importance of Working Safely at Height in the Workplace

Assessment Criteria 3.4: State how hazards & potential risks working at height can be controlled

### The Working at Height Hierarchy of Control

The Work at Height Regulations 2005 set out the measures that should be taken to prevent falls when working at height is unavoidable. Together, these form the Hierarchy of Control:



## Unit 03: Know the Importance of Working Safely at Height in the Workplace

Assessment Criteria 3.4 & 3.5: State how hazards & potential risks working at height can be controlled

### Safe Use of Mobile Scaffolding Towers

- Don't erect unless you are competent
- Don't erect on uneven, slippery, soft or unstable ground
- Climb the ladder inside the tower
- Use the maximum safe working load data sheet which should be provided with a tower to determine the how much weight it can hold
- Move from the bottom by pushing or pulling
- Toe boards and handrails are essential scaffolding components required for all types of system scaffolding



## Unit 03: Know the Importance of Working Safely at Height in the Workplace

Assessment Criteria 3.4 & 3.5: State how hazards & potential risks working at height can be controlled

### Never Use a Tower

- In strong winds
- As a support for ladders, trestles or other access equipment;
- With broken or missing parts
- With incompatible components

### Towers Should be Erected Following a Safe Method of Work, Using Either:

- Advance guard rail system – where temporary guard rail units are locked in place from the level below and moved up to the platform level. They are in place before the operator accesses the platform to fit the permanent guard rails. **Or**
- ‘Through-the-trap’ (3T) – involves the operator taking up a working position in the trap door of the platform, from where they can add or remove the components which act as the guard rails on the level above the platform. It is designed to ensure that the operator does not stand on an unguarded platform.

## Unit 03: Know the Importance of Working Safely at Height in the Workplace

Assessment Criteria 3.4 & 3.5: State how hazards & potential risks working at height can be controlled

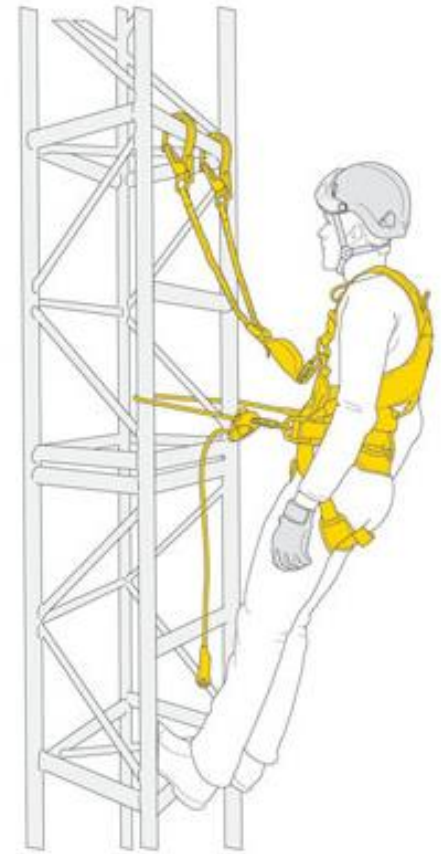
### Fall Arrest Systems

By law employers must maintain fall arrest equipment in good repair, including appropriate replacements.

**All checks of fall arrest systems should be carried out by a competent person at the following times:**

- **Pre-use** These checks are essential and should be carried out each time, before the lanyard is used.
- **Every 6 months** at least and referred to as detailed inspections which are more formal and in depth.

**Interim inspections** are also in-depth & may be appropriate in addition to pre use checks and detailed inspections because the employer's risk assessment has identified a risk that needs checking:



You have now  
completed **Unit 03** of  
your course

You should now  
attempt the practice  
questions before  
moving on to **Unit 04**