



An initiative of the South Australian Construction
Safety Alliance (SACSA).
**Essentials for safe:
Working at height**

**Safe Work
Method
Statements**



Working at height is a high risk construction activity. The hazards, risks and controls shall be documented in a Safe Work Method Statement where the work involves a risk of a person falling more than 3 metres in South Australia.

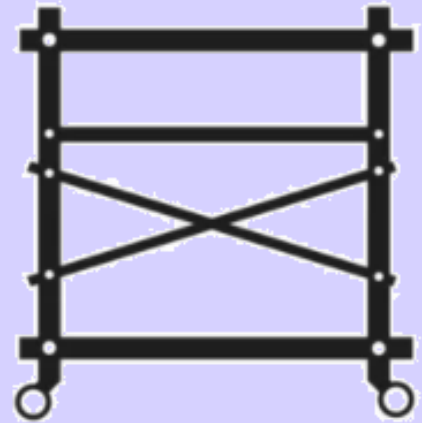
National and OFSC guidelines is 2 metres.

**Ground or
solid
construction**



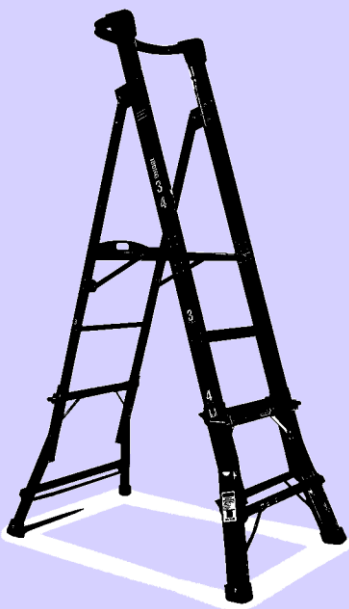
Work shall be planned through safety in design to eliminate risks where practicable. Work sequencing should be planned to eliminate risks, where practicable, by doing all or some of the work on the ground or from a solid construction, including a safe means of entry and exit to the elevated workplace.

**Fall
prevention
devices**



Use a passive fall prevention device such as scaffolds, perimeter screens, guardrails, safety mesh or elevating work platforms. Scaffolding designed by a competent person. All fall prevention devices must be designed, installed, modified and inspected by a competent person.

**Use of
ladders**

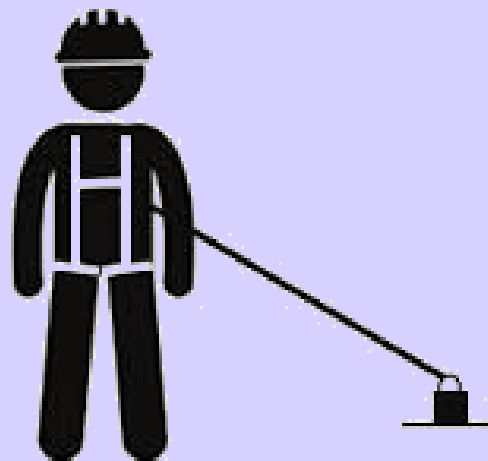


Only platform ladders should be used for work. Straight ladders should only be used for access.

- They must be manufactured for industrial use and have a load rating of $\geq 120\text{kg}$.
- Work should be completed from the platform so the right height ladder is essential.
- 3 point of contact should be maintained when ascending/ descending.

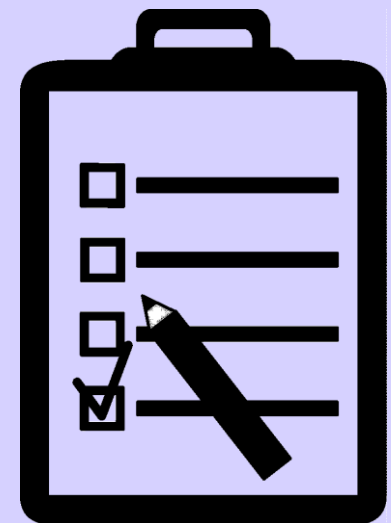
Ladders should be selected based on a risk assessment.

**Fall restraint/
arrest systems
(Harness)**



Should only be used if a higher level of control is not effective at preventing a fall on its own. Adequate anchor points have been identified/ installed by a competent person. Emergency and rescue procedures have been established and tested. The worker is formally trained, has a high level of skill, and undertakes ongoing training to install and use fall arrest systems.

**Administrative
controls**



Site specific arrangements for work at height and falling objects shall be complied with such as exclusion zones and permit systems. Only persons who have been trained and who are deemed to be competent should perform activities that involve fall risks.