A simple checklist can prevent falls

The majority of workplace falls can be avoided with proper planning, policies and procedures in place.
A simple checklist used regularly will help to ensure that the worksite is safe from the outset and remains safe.
The questions below can be tailored to a specific work environment and fall protection system.

HEIGHT SAFETY CHECKLIST

Identification of hazards

- [ ] Have all potential or existing height safety hazards been identified and the risks assessed of anyone falling from heights?
- [ ] Have alternative ways to carry out the work been considered?
- [ ] Have all practical steps been taken to prevent falls?
- [ ] Are the existing fall protection systems appropriate for the intended jobs?

Safe access and housekeeping

- [ ] Have access methods been inspected and are the means of access safe?
- [ ] Have all temporary access methods been inspected?
- [ ] Are all walkways and guard rails in good condition?
- [ ] Is the site free from fall hazards? Do the workers practice good housekeeping removing obstructions, potential trip hazards and any loose objects?

Height safety systems

- [ ] Are there any fall protection, fall restraint or fall arrest systems required and if so correctly installed?
- [ ] Is the height safety system the most appropriate for the job or should alternatives be considered?
- [ ] Can three points of contact always be maintained when using the ladders?
- [ ] Have the fall restraint/arrest systems been inspected regularly? Are they in line with compliance and legal guidelines?
- [ ] Can all falls be arrested before they hit the ground or any other lower object?
- [ ] Has all height equipment been checked? Does it comply with industry height safety standards?
- [ ] Have anchor points and static lines been inspected as required by AS1891.4:2009?
- [ ] Is there a risk of falling objects striking people below the work area?
- [ ] Is there an evacuation plan in place? Is a rescue plan required?
- [ ] Has the impact of adverse weather been assessed?

Knowledge and training

- [ ] Do all workers receive height safety training during their induction program?
- [ ] Are all workers up to date with training required by law, for compliance or in relation to use of specific equipment?
- [ ] Are the workers competent for the specific jobs on site that requires working at height?
- [ ] Is there a height safety culture in the organisation?

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Anchor Safe