



# WHAT TO WATCH WHEN WORKING AT HEIGHT

Falls from height are the single biggest cause of workplace deaths and one of the main causes of major injuries. It is therefore essential that any work at height is properly planned, supervised and carried out by competent people to make sure it is undertaken safely as required by the Work at Height Regulations 2005 (WAHR).

## AVOID

Always avoid working at height wherever possible.

## PREVENT

If you must work at height, do everything reasonably practicable to prevent anyone falling. Use the most suitable equipment or take other measures to prevent a fall.

## MINIMISE

If you cannot eliminate the risk of a fall, use the most suitable equipment or take other measures to minimise the distance and consequences of a fall.

Think and plan ahead and organise the work properly.

Carry out a risk assessment and always act on its outcome.

Give priority to 'collective' over 'personal' protection measures.

Ensure that everyone involved is trained and competent.

Take appropriate measures to prevent the fall of tools or materials.

Take special measures when working on or near fragile surfaces.

Use and inspect equipment properly and keep it in safe working order.

The AIF is the forum for the principal trade associations and federations involved in work at height. Each organisation represents a different sector of the access industry and fosters and supports codes of good practice, equipment standards, training, education and knowledge.



## ASK THE EXPERTS



**ASSOCIATION OF TECHNICAL LIGHTNING & ACCESS SPECIALISTS**  
[www.atlas.org.uk](http://www.atlas.org.uk)  
 T: 0844 249 0026



**BRITISH SAFETY INDUSTRY FEDERATION**  
[www.bsif.co.uk](http://www.bsif.co.uk)  
 T: 01442 248744



**EDGE PROTECTION FEDERATION**  
[www.epf-uk.org](http://www.epf-uk.org)  
 T: 07595 466353



**FALL ARREST SAFETY EQUIPMENT TRAINING**  
[www.faset.org.uk](http://www.faset.org.uk)  
 T: 01948 780652



**INTERNATIONAL POWERED ACCESS FEDERATION**  
[www.ipaf.org](http://www.ipaf.org)  
 T: 01539 566700



**INDUSTRIAL ROPE ACCESS TRADE ASSOCIATION**  
[www.irata.org](http://www.irata.org)  
 T: 01233 754 600



**LADDER ASSOCIATION**  
[www.ladderassociation.org.uk](http://www.ladderassociation.org.uk)  
 T: 0845 260 1048



**NATIONAL ACCESS & SCAFFOLDING CONFEDERATION**  
[www.nasc.org.uk](http://www.nasc.org.uk)  
 T: 020 7822 7400



**PREFABRICATED ACCESS SUPPLIERS' AND MANUFACTURERS' ASSOCIATION**  
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**SPECIALIST ACCESS ENGINEERING AND MAINTENANCE ASSOCIATION**  
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**WORK AT HEIGHT SAFETY ASSOCIATION**  
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