

# Working Safely at Heights Checklist

| <i>Check</i>  | <b>Yes</b> | <b>No</b> | <b>N/A</b> |
|---|------------|-----------|------------|
| Where relevant, working at heights is part of induction                         |            |           |            |
| People working at heights have been given information, instruction and training |            |           |            |
| Workers are supervised to ensure that safe work practices are in place          |            |           |            |
| Work areas are clear of protruding objects, water, vehicles and people          |            |           |            |
| Hand rails on stairs are secure and steps are well maintained                   |            |           |            |
| All work areas are free from obstructions                                       |            |           |            |
| Walkways, corridors and stairs are free from obstructions                       |            |           |            |
| Ladders are in good condition and are secure and fixed firmly in place          |            |           |            |
| High ladders have fall-back protection  |            |           |            |
| Mechanical lifts are safe   |            |           |            |
| Mezzanine floors have safe access and fall protection, such as hand rails       |            |           |            |
| Fall arrest systems, such as harnesses are in place                             |            |           |            |
| Safer, alternative ways to do the work have been considered                     |            |           |            |
| Potential existing hazards have been identified                                 |            |           |            |
| The risks of anyone falling from heights have been assessed                     |            |           |            |
| Practical steps have been taken to prevent falls                                |            |           |            |