

### Working at Height – A Short Summary

In 2003/04 fall from height accounted for 67 fatal accidents at work and nearly 4000 major injuries. These figures were instrumental in the preparation and introduction of the Work at Height regulations in 2005. Falls from height remain the single biggest cause of workplace deaths and one of the main causes of major injury.

North Lanarkshire Council strives to ensure mechanisms are in place to prevent deaths and injuries caused by falls at work.

**What is work at height?** A place is 'at height' if a person could be injured falling from it, even if it is at or below ground level.

Together we must do all that is reasonably practicable to prevent anyone falling in a manner that might cause injury or harm.

The legislation places an expectation on organisations to:

- Avoid work at height where they can;
- Use work equipment or other measures to prevent falls where they cannot avoid working at height;
- Where they cannot eliminate the risk of a fall, use work equipment or other measures to minimise the distance and consequences of a fall should one occur.

In order to achieve this, the regulations encourage the Council to ensure that:

- All work at height is properly planned and organised.
- All work at height takes account of weather conditions that could endanger health and safety.
- Those involved in work at height are trained and competent.
- The place where the work at height is done is safe.
- Equipment for work at height is appropriately inspected.
- The risks from fragile surfaces are properly controlled.
- The risks from falling objects are properly controlled.

A number of actions have been taken by the Council to ensure resources exist to allow managers and other employees to assess the risks associated with working at height and implement effective systems of work that will reduce, so far as is reasonably practicable the risk to health, safety or welfare.

If you are working at height (above or below ground) speak to your manager about the controls that are in place to help keep you safe. Remember to use the training you have been given and follow the system of work provided.

Specific guidance exists on the topic that includes focussed risk assessment guidance and information on the use of access equipment.

### **Other Resources**

Health and Safety Training – Working at Height  
(Online Awareness Training)

Health and Safety Training – Safe Use of Ladders and Step Ladders (Practical Course)

Health and Safety Training –Using Equipment to Access Heights  
(Tool Box Talk)

AS39 – Working at Heights

GD23 – Working at Height - Prevention of Injury

IS8 - Safe use of Ladders and Stepladders

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