



STOP if not clear how to do the work



Working at Heights | Critical Checklist

When to use

Important: Attach to completed JSA

Use before a worker/crew begins an activity where worker's feet are more than 1.8 metres above grade, floor or surface.

Determine if work at height can be avoided through procedural changes or facility modifications.

Preference should be given to use of elevated work platforms vs. ladders or scaffold & travel restraint vs. fall arrest.

Mobile scaffolds are not permitted for heights >1.8 metres.

For all ladder use:

- Maintain 3 points of contact, use helper if needed
- Do not carry items in hands on ladders

For all working at heights:

- Complete Fall Protection/Rescue Equipment Checklist when harness is used

Work Order Number:

Site Location:

Contractor:

Date:

Description of work:

What could go wrong?

BEFORE work begins | Select appropriate section / equipment and complete steps for each device

GENERAL REQUIREMENTS (for ALL Equipment types)

1. Worker is competent and trained in working at heights
2. Position equipment on a level, stable surface, erect proper barricading if required
3. Equipment is in good condition with suitable load rating, made from acceptable material
4. Ensure safe distance is maintained from high voltage cables
5. A documented Fall/Rescue plan is prepared and reviewed when fall arrest conditions exist

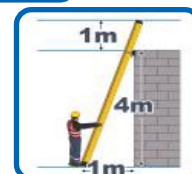
STEP & PLATFORM Ladders – fall protection required

1. Extend and lock cross bars and outriggers where applicable
2. Wheels on platform ladders must be locked
3. Worker will not work off of top two steps on a step ladder
4. Duration on step ladder should not exceed 30 minutes without adequate breaks



EXTENSION ladder | use only for inspection / access (do not work from ladder)

1. Tie off upper part or co-worker holds the ladder
2. Top of ladder extends 1 meter above the edge
3. Ladder is at a suitable angle (4:1 ratio)
4. Minimum overlap of 1m for extended sections



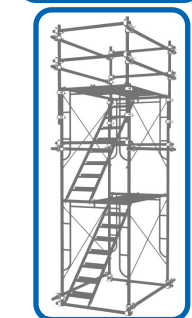
POWER ELEVATED PLATFORM (scissor/bucket lift)

1. Confirm annual inspection certificate is available and current
2. Perform daily inspection of lift equipment prior to use
3. In Bucket lift, tie off at all times to engineered point with lanyard and shock absorber; in other lifts, tie off with a max. 2m lanyard without shock absorber when in motion
4. A ground person is assigned for rescue/spotter duties



STATIONARY SCAFFOLDING

1. Use fall protection when erecting or dismantling scaffold at heights >1.8 metres
2. Install approved top guardrails, midrails & toe boards
3. Working platform to be fully decked, properly secured and/or cleated
4. Lock each level in place before installing next level
5. Install scaffold tie-ins when total height to base ratio exceeds 3:1
6. Scaffold erected by competent person/company and tagged prior to use
7. Access scaffold only via properly installed ladder or stairs
8. No work under scaffold and only authorized workers in work area
9. Lift and lower equipment by rope, hoist or worker to worker



WORK within 2m of an unguarded edge or on a roof with a grade >20%

1. Use and inspect the approved safety harness/lanyard/lifeline and suitable anchor point
2. Ensure harness is worn by the worker and tied to anchor point at all times
3. Ensure the highest ranked fall protection equipment is used to stop or arrest a fall



I have reviewed this Checklist and all other work arrangements with all other workers involved in this work

Authorized
Worker:

Signature:

Date: