

Life-Saving Rule

Working at Height

Protect yourself against a fall when working at height



- I inspect my fall protection equipment before use
- I secure tools and work materials to prevent dropped objects
- I tie off 100% to approved anchor points while outside a protected area

Additional Guidance & References

Working at height outside a protected area (such as an elevated work area not enclosed by hand rails) requires the use of approved fall protection equipment secured to an approved anchor point. Other considerations for working at height include ladders, work over water, rope access, floor openings, access hatches, and inspection pits. Floor openings should be protected with physical barriers to prevent falls.

Preventing objects from falling from height and using physical barriers below working area keeps you and people working below you safe.

IOGP recommends that companies define working at height as work at or above 1.8m/6ft, unless local legislation requires a lower height.

Scaffolds should be properly constructed, inspected and certified.

Further reading:

- IOGP report 577 – Fabrication site construction safety practices – Hazardous activities provides simple requirements for working at height and scaffolding. Although developed for construction, these are easily transferable to other operations.
- DROPS Online: <http://www.dropsonline.org/>