

# Fatality Prevention Checklist - Work at Height

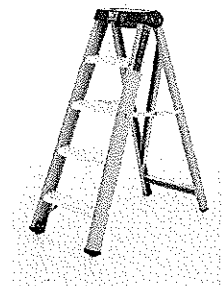
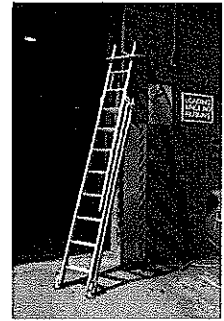
These are minimum requirements. If you cannot meet these requirements, you cannot start work.

All service, maintenance, repair, and installation employees must be familiar with this checklist and have a copy readily available with them.

## WORKING AT HEIGHT

### Extension / Straight / Step Ladders

1. Inspect ladder, locking mechanism, side rails, rungs and safety feet prior to use.
2. Damaged ladders shall not be used.
3. Use only non-conductive ladders, fiberglass etc. if there is potential for exposure for example to overhead cables, or similar
4. Face the ladder while ascending and descending and maintain 3 points of contact at all times (3 points can be; feet, hands or knees or waist if leaning into the ladder).
5. Do not stand higher than 3rd rung from top of the ladder unless it has a platform intended for this.
6. Set up extension or straight ladders so that they are: secured and stable, positioned at the 4:1 ratio
7. If used to access a platform or roof must be at least 3 feet above the landing and secured at the top.
8. Employees must follow training provided on safe use of ladders.
9. All ladders and step-ladders must be formally inspected every 6 months.



### Scaffolds - Mobile Towers

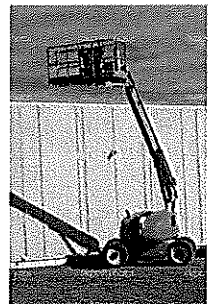
1. Review the manufacturer's instructions for assembly.
2. A guardrail, mid-rail & toe board must be in place on all open sides & ends.
3. After setup, the scaffold must be inspected. Check that locked wheels, top rails, mid rails, toe boards, diagonal braces are in place, it is level and on a firm foundation.
4. Scaffold to be erected by 'PASMA' trained engineer, scaffold to be tagged at time of erection, and each seven days thereafter if left erected on site - records to be kept in such circumstances.

### Personal Fall Restraint Systems

1. A personal fall restraint system is needed when you are not protected from falling by some other means; e.g. guardrails.
2. Use a full body harness with suitable fall restraint lanyard. Deceleration type or fall arrest lanyards are not used within our operations.

**IF THESE ARE REQUIRED, A FALL RESCUE PLAN MUST BE IN PLACE & MANAGERS MUST CONSULT WITH THE REGIONAL EHS MANAGER**

3. All anchor points must be inspected prior to use and connection of lanyard.
4. All harnesses and lanyards must be formally inspected and tagged to verify this every 12 months.
5. Harness and lanyards must be visually inspected by the user prior to use.
6. Damaged equipment shall be tagged as 'DO NOT USE' and immediately removed from use and later destroyed.
7. If you are ascending or descending a portable ladder a personal fall restraint system is not needed.



### Powered Access Equipment

1. All MEWP'S, Cherry pickers, etc. must only be operated by an 'IPAF' trained and competent person.
2. All equipment must be operated in accordance with the manufacturer's instructions, and customers / principle contractor site rules.
3. All MEWP'S to be inspected prior to use and formally as per any customers / principle contractor requirements.