

3



LSR 3

Protect yourself against a fall when working at height.

RISK

Falls from any level have the potential to cause injury. Some heights have a greater potential for those injuries to be fatal.

WHERE THIS RISK MAY APPLY TO YOU:

- > Using ladders to conduct work;
- > Working on top of buildings;
- > Preparing buildings or equipment for transportation;
- > Loading and unloading equipment from raised work areas (trucks, landings etc.);
- > Cleaning and changing lights and air-conditioner units;
- > Conducting maintenance work;
- > Operating EWP and forklift work cages.

PERSONAL BEHAVIOURS

- > I can check if the work can be done from the ground.
- > I can ensure I do not work at height without protection.
- > I can inspect, check and care for my working at height equipment and controls.
- > I can set up a control or exclusion zone below me to protect others.
- > I can make sure I follow my work at heights permit.
- > I can complete working at heights training.
- > I can implement my Work at Heights Rescue Plan.