

NSW FACT SHEET – FALL FROM HEIGHTS



1. WORKING AT HEIGHT

Working from the ground is always the safest method, so eliminate the need to work from height where possible.

If working from height cannot be avoided, utilise a fall-prevention device. Fall prevention devices may include:

- Temporary work platforms;
- Guardrails; and
- Scaffolding.

When it's not possible to use a fall-prevention device, a work-positioning system or a fall-arrest system is the next best option. These may include:

- Industrial safety nets; and
- Fall arrest harnesses used with lifelines or individual anchors.

2. IDENTIFYING HIGH RISK TASKS

Identify all locations and tasks that could cause injury due to a fall. Tasks that need attention are those carried out:

- On any structure/plant being constructed, installed, demolished or dismantled, inspected, tested, repaired or cleaned;
- On a fragile surface (e.g. cement sheeting roofs and skylights);
- On a potentially unstable surface (e.g. areas where there is potential for ground collapse);
- On a sloping or slippery surface where it is difficult for people to maintain their balance (e.g. on glazed tiles);

- Near an unprotected open edge (e.g. incomplete stairwells); and
- Near a hole, shaft or pit into which a person could fall (e.g. trenches, lift shafts or service pits).

3. INFORMATION, TRAINING AND INSTRUCTION

Once all fall hazards are identified, a risk assessment is to be completed by a competent person. Control measures are to be implemented, ensuring monitoring and review takes place. Ensure information, training and instruction is provided to workers, including resources and procedures for emergency and rescue.

4. INFORMATION SOURCES

- *Part 4.4 of the WHS Reg 2017*, visit www.legislation.nsw.gov.au;
- *Managing the Risk of Falls at Workplaces, Code of Practice 2019*, visit www.safework.nsw.gov.au;
- Email us: info@propertyrisk.com.au