

# WORKING AT HEIGHT GUIDE



Working at height remains one of the biggest causes of fatalities and major injuries according to the Health and Safety Executive (HSE), so keeping yourself safe is vital when working at height.

Taking the time to undertake a proper risk assessment, choosing the right equipment and using that equipment correctly is the only way to minimise these accidents.

Falls when working at height remain the most common kind of workplace fatality, accounting for around a quarter of all worker deaths and 8% of all non-fatal injuries every year.



**Tip:** Always undertake a risk assessment to see if a ladder is the right equipment for the job.

## 40%

According to the Health and Safety Executive (HSE), in the UK 40% of working at height accidents occur when using ladders, and the majority of those happened when safe access had not been provided.

**Tip:** You should only use ladders in situations where they can be used safely, e.g. where the ladder will be level and stable, and, if possible, secured.

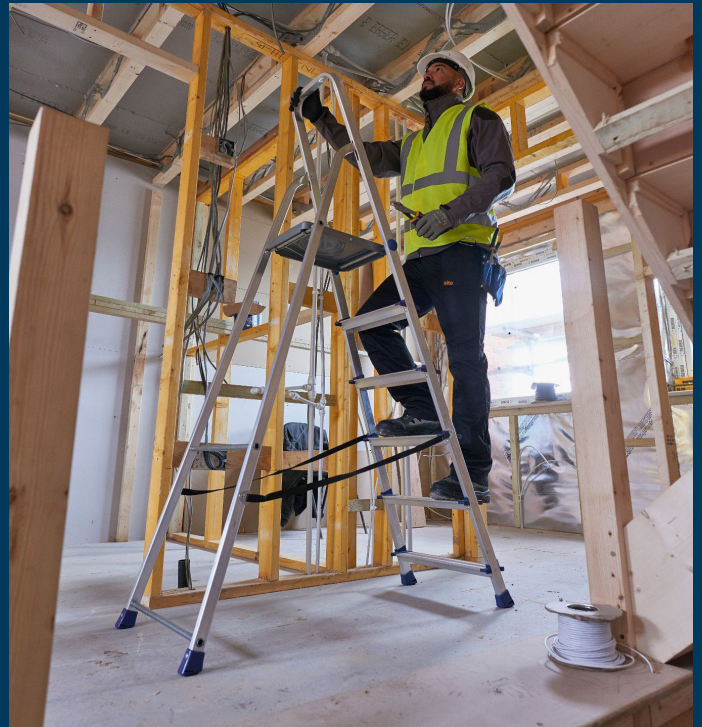
## 14 DEATHS

A third of all reported fall from height incidents involve ladders and stepladders, on average this accounts for 14 deaths and 1,200 major injuries to workers each year. Many of these injuries are caused by inappropriate or incorrect use of the equipment.



## Tip:

- Do as much work as possible from the ground
- Ensure you can get safely to and from where you are working at height
- Ensure equipment is suitable, stable and strong enough for the job and maintained



Many working at height accidents can be avoided if the equipment is used properly and important factors are taken into consideration:

- Don't overload ladders
- Don't overreach
- Only use ladders for a maximum of 30 minutes at a time
- Select and use the right equipment



To find out more about the right type of equipment to choose and how to use it safely [visit our website.](#)