



Fall from Height



Critical Controls (at least one of the two critical controls must be in place)

- Has edge protection been installed (guard-rails, mesh) to prevent personnel from reaching any edge where a fall risk of >2m is present? N/A Yes No
- Has a fall restraint (preferred) or fall arrest system been established to prevent or limit falls? N/A Yes No

Working at heights permit (mandatory unless edge protection has been installed)

N/A

- Have you signed onto an approved working at height permit? N/A Yes No
- Are you trained and competent to be working at heights? N/A Yes No
- Is there a documented rescue plan in place? N/A Yes No

Fall protection system

- Have you selected the appropriate fall protection for this task? Note: The preferred option is fall prevention, then fall restraint, then fall arrest. Yes No
- Have you inspected your harness and equipment (anchors, lanyards, connectors etc.) before use? N/A Yes No
- Fall restraint – is the work area set up so worker can not reach an edge with lanyard at maximum extension? N/A Yes No
- Fall arrest – has free fall distance been minimised and have risks of swinging been managed? N/A Yes No

Access control

N/A

- Have you established appropriate barricading to control access to the work area? N/A Yes No
- Have you protected the work area from potential vehicle/equipment collision? N/A Yes No

Platforms (ladders, scaffolds, mobile work platform)

N/A

- Have you selected the appropriate work platform to safely complete the task? N/A Yes No
- Have you conducted a pre-use inspection of the work platform and suitability of ground conditions? Note: Consider slope, soft/uneven ground, buried services etc. N/A Yes No
- Have applicable periodic inspections of the work platforms been conducted? Note: Check scaffold tags, plant inspection books etc. N/A Yes No
- Are platforms fitted with all applicable safety devices (e.g., self-closing gates)? N/A Yes No
- Is the combined weight of loads within the safe working limit (SWL) of the platform? N/A Yes No
- Is the job set up to allow you to operate within the confines of the platform? Note: No over-reaching on ladders/platforms or beyond safety rails. N/A Yes No

Open edge protection and voids (must be in place unless using fall restraint/arrest)

N/A

- Is installed edge protection adequate to prevent a person from falling? Note: check all handrails are installed at appropriate height, free of corrosion, undamaged, and all bolts are properly tightened N/A Yes No
- Do all open voids have edge protection or cover installed to prevent a person from falling? N/A Yes No
- Is protection installed at the top of ladders/steps/stair wells where potential exists for a person to inadvertently step back and fall? N/A Yes No