

---

#### Overview

This unit is about working safely at heights, on land or when working aboard a vessel. It includes assessing the risks involved, taking all suitable precautions and following the correct procedures.

This unit applies to individuals who work at heights, including those working for example, on containers, gantries, ladders or similar structures from where there is a danger of falling.

Maintaining health and safety is of paramount importance at all times when working within a port environment. Unit 4.1.1 'Take action to reduce risks to health and safety within a port environment' is recommended to everyone working within a port environment, and supports this unit.

# EUSWO42

## Work safely at heights

---

### Performance criteria

*You must be able to:*

- P1 you undertake the work according to an agreed plan
- P2 you assess correctly the risks associated with the task to be undertaken, taking into account the potential dangers of falling, of dropping tools and debris, the stability of ladders, the working area, any overhead cables and equipment, and other people in the vicinity
- P3 you take proper precautions to address all risks identified
- P4 you wear suitable personal protection equipment correctly, including, where relevant, a full body harness, ensuring that these are in good condition and functioning properly
- P5 you ensure that safety barriers are in place around the working area
- P6 you obtain a permit to work, where required, before working at heights
- P7 you confirm that fall protection equipment is maintained and used properly
- P8 you undertake all required pre-use checks, including ensuring that height access equipment is free from obvious defects before use
- P9 you confirm that height access equipment is deployed, secured before operations and used correctly
- P10 you maintain frequent communication with an identified colleague
- P11 work areas are left clean, tidy and free of obstructions
- P12 you use and store all height access and personal protective equipment correctly

# EUSWO42

## Work safely at heights

---

### Knowledge and understanding

*You need to know and understand:*

#### **General knowledge and understanding**

K1 you know and understand your own individual responsibility relating to maintaining safe working practices and procedures when working at heights, and are aware of their link to Health and Safety legislation

*You need to know and understand:*

#### **Industry specific knowledge and understanding**

K2 you know and understand the risks associated with working at heights, especially when carrying or handling objects, and how to control these risks

K3 you know and understand the precautions appropriate to minimising risks associated with working at heights

K4 you know and understand current PSSSL guidance relevant to working at heights

K5 a list of relevant HSE and related regulatory documents will be appended to the NOS and will be updated as required

*You need to know and understand:*

#### **Organisational specific knowledge and understanding**

K6 you know and understand your organisation's policies and procedures for preparing for, and working at heights

K7 you know and understand your organisation's procedures for using and storing height access and personal protective equipment

K8 you know and understand how to operate your organisation's fall protection equipment

K9 you know and understand the workplace policies and procedures relating to controlling risks to health and safety within your organisation

# EUSWO42

## Work safely at heights

---

### Additional information

#### Behaviours

Your personal activities and attitude in the workplace are designed to maintain the health and safety of yourself and others around you at all times

#### Links to other NOS

This national occupational standard 4.16 belongs to Port skills and Safety – the standards setting body for the ports industry’s organisation for health, safety, skills and standards

Maintaining health and safety is of paramount importance at all times when working within a port environment. Unit 4.1.1 ‘Take action to reduce risks to health and safety within a port environment’ is recommended to everyone working within a port environment, and supports this unit.

In addition, further units address best practice in ensuring health and safety when dealing with dangerous cargo (unit 4.1.2), working near water (4.1.3), surviving in water (4.1.4), working alone (4.1.5), and working in confined spaces (4.1.7).

# EUSWO42

## Work safely at heights

---

**Developed by** Energy and Utility Skills

---

**Version number** 1

---

**Date approved** May 2010

---

**Indicative review date** May 2012

---

**Validity** Current

---

**Status** Imported

---

**Originating organisation** Port Skills and Safety

---

**Original URN** WO42

---

**Relevant occupations** Public Services; Public Service and Other Associate Professionals

---

**Suite** Waste Management

---

**Key words** work, safety, heights, gantries, safety barriers, ladders, height access equipment