

Unit PSSPO109.5 Work safely at heights (SQA Unit Code-H774 04)

Performance Criteria

You must be able to

Work safely at heights

1. undertake the work according to an agreed plan
2. assess 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
3. take proper precautions to address all risks identified
4. wear suitable personal protection equipment, including, where relevant, a full body harness, ensuring that these are in good condition and functioning properly
5. ensure that safety barriers are in place around the working area
6. ensure that a permit to work is obtained, where required, before working at heights
7. confirm that fall protection equipment is maintained and used properly
8. undertake all required pre-use checks, including ensuring that height access equipment is free from obvious defects, suitable and fit for purpose before use
9. confirm that height access equipment is deployed and secured before operations and used in accordance with operational procedures
10. maintain frequent communication with an identified colleague
11. ensure work areas are left clean, tidy and free of obstructions
12. use and store all height access and personal protective equipment

Knowledge and understanding

You need to know and understand

1. the legal responsibilities for maintaining own and others' health and safety in the workplace
2. the requirements placed upon the individual and the organisation by current legislation and industry guidance, relevant to own area of operations
3. own organisation's policies and procedures and working practices relevant to own area of operations
4. specific role responsibilities of colleagues for health, safety and security
5. the principal types of hazard and risk likely to be found in own area of operations and the precautions appropriate for minimizing these risks
6. how to wear, use and maintain **personal protective equipment**, relevant to own area of operations
7. how to locate, use and maintain the principle types of safety and incident response equipment relevant to own area of operations
8. accident and emergency procedures of the organisation and individual roles and responsibilities, relevant to own area of operations
9. location of and how to operate alarm systems
10. procedures for contacting the emergency services
11. location of the approved escape routes and assembly points

Unit PSSPO109.5 Work safely at heights (SQA Unit Code-H774 04)

12. own responsibilities for reporting accidents and emergencies
13. the limits of own responsibilities and of other when addressing health, safety and security in the port

Scope

1. **The principle types of hazard and risks should relate to:** normal operations, dangerous cargo, working near water, lone working, heights (including when carrying or handling objects), confined spaces (including those associated with oxygen deficiency, contaminants, noise, sources of energy, temperature, falls, trips and slips, engulfment, entrapment and static discharge) and security
2. **Personal Protective Equipment (PPE):** includes but is not limited to high visibility vests, hard hats, protective clothing, eye/hearing/respiratory protection, gloves
3. **Safety equipment:** includes but is not limited to: cages, chains, cut-off switches, isolators, signs, PPE, walkways
4. **Legal, safety and operating requirements** includes but is not limited to: safety regulations, operating procedures, codes of practice, guidance load restrictions, working time directive, port regulations