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The 2013 HSS Guide to Working Safely at Height

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Working Safely at Height - Your Guide to the Law

FACT 2011 / 2012 - 40 fatal injuries to workers and over 3,000 major injuries as a result of a fall from height

FACT 25% of all work at height accidents resulted in personal injury payouts

FACT In 2012, 2 firms and a company director were sentenced for joint safety failings resulting in one death of a worker who fell over 8 metres after working at height.

ACT Our Guide tells you about the different types of access equipment available through HSS to help you comply with the legislation and ensure you work safely at height

* Facts sourced from HSE

Who does it apply to?

The Work at Height Regulations consolidate previous legislation and apply to all work at height where there is a risk of a fall liable to cause personal injury.

What does it mean to me?

Working at Height means working at **ANY** height, the old two metres threshold no longer applies. You must carry out a proper risk assessment to determine if Working at Height is necessary and if it is, HSS can advise on the most appropriate equipment to use.

5 MAJOR REQUIREMENTS

The regulations are aimed at maintaining and improving standards for all work at height.

Duty holders must ensure that:

1. All work at height is properly planned and organised
2. Those involved in work at height are competent
3. A full risk assessment is carried out and appropriate equipment is selected and used
4. The risks from fragile surfaces are properly controlled
5. Equipment for work at height is properly inspected and maintained

The regulations set out a simple hierarchy for managing and selecting equipment for work at height:

1. Avoid

Avoid working at height unless you have to. Always look for alternative ways to get the job done. Where you cannot eliminate the risk of a fall, use work equipment or other measures to minimise the distance and consequences of a fall should one occur.

2. Prevent

If you have to work at height, do everything you can to prevent a fall. Consider all the risks in advance and carefully choose the right equipment for the job and the environment. Remember to:

- Use the most suitable protection
- Give priority to collective measures (e.g. guardrails) over personal protection (e.g. safety harness)
- Take into account working conditions (e.g. weather/location)
- Think about the safety of everyone in the area where equipment is used

3. Minimise

If you cannot eliminate the risk of a fall completely, use work equipment or other measures to minimise the consequences should one occur.

Tower Assembly Methods

Towers should be erected following a safe method of work, there are two approved methods recommended by PASMA (Prefabricated Access Suppliers' and Manufacturers' Association), which have been developed in co-operation with the Health and Safety Executive.

HSS have assembly guides and supporting components to allow users to follow either of the two approved methods, these are 3T (Through the Trap) or Advanced Guardrail Method.

3T Method (Through the Trap)

The most common form of build method, this enables the individual erecting the tower to be fully protected from risk of fall by positioning themselves within the trap door of the platform whilst guardrails are added or removed. This method is designed to ensure the operator does not stand on an unguarded platform.

Advanced Guardrail

The Advanced Guardrail Method uses special guardrail units that are positioned ahead of the person erecting the tower within the build to ensure collective protection at all times, this ensures the operator is never exposed to the risk of fall from an unguarded platform.

For more information regarding tower assembly methods visit hss.com or contact HSS Health & Safety Helpdesk on 08705 28 28 28.

BoSS Cam-Lock Advance Guardrail - fast, simple and safe

1. Set out the base.

2. Fit the end frames.

3. Fit the BoSS Cam-Lock Advance Guardrails.

4. Fit the decks. To build higher - simply repeat steps 2, 3 and 4.

Note: The assembly noted below is summarised - always refer to the Manufacturer's Instruction Manual. HSS Assembly Guide available.

- Do not use access tower if wind speed exceeds 17mph.
- Tower heights shown are to platform.
- Allow 1m for handrail height.
- Tower width measurements are taken from centre to centre of upright frames.
- Specify HSS product codes detailed in the table at time of order.

Note: Please specify platform size when ordering.

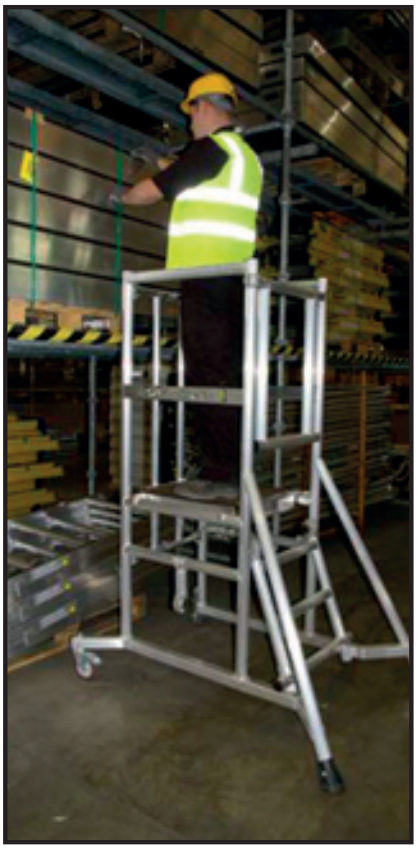
Platform Height	Base Size			
	NARROW WIDTH		FULL WIDTH	
	0.85 x 1.8	0.85 x 2.5	1.45 x 1.8	1.45 x 2.5
10.2m	80238	80538	80434	80734
9.7m	80234	80534	80431	80731
8.7m	80231	80531	80429	80729
8.2m	80230	80530	80426	80726
7.7m	80229	80529	80423	80723
6.7m	80227	80527	80421	80721
6.2m	80224	80524	80420	80720
5.7m	80223	80523	80419	80719
4.7m	80221	80521	80417	80717
4.2m	80216	80516	80414	80714
3.7m	80213	80513	80413	80713
2.7m	80211	80511	80411	80711
2.2m	80210	80510	80410	80710

Non-Conductive Podium Step

Ideal for light repair and maintenance tasks in clean room environments or electrical applications. The unit is a one piece design allowing ease of handling, transportation and storage.

- Platform height of 950mm
- One piece unit can be stowed away for storage or transportation in minutes
- Easy to transport and store

CODE	80848
Base dimensions (L x W)	1.41m x 0.74m
S.W.L	150kg
Top Platform Height	0.95m
Weight	42kg



Anti-Surf Podium

For essential maintenance and repair work, these podium steps provide low level height access with full guardrail protection. The anti-surf unit ensures the product cannot be moved when in use.

- 1m maximum platform height allows you to reach up to 3m
- Erects and dismantles in minutes

CODE	80871	80840
Base dimensions (L x W)	1.39 x 1.19m	1.39 x 1.19m
S.W.L	115kg	115kg
Top platform height	1m	1m
Weight	36kg	36kg

Access Solutions

For safe height access you need the stable and comfortable working platforms provided by our range of ready to erect Access equipment, some of which are shown below.

Advanced Guardrail

The BoSS Cam-Lock Advanced Guardrail provides an alternative build method for Alloy Towers and offers the following features and benefits:

- Safety-guardrail in place before ascending to the platform
- Tower rigidity - created by a positive Cam-Lock anchor
- AGR frames available for 1.8m & 2.5m decking lengths

Cantilever Systems

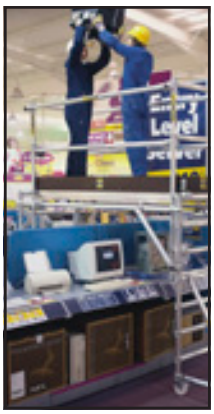
The Cantilever System is great for overcoming obstacles such as machinery, porches and stairways. It is a conversion of a double-width Access Tower which provides access of up to 1.25m outside of tower.

It has a choice of 2 deck lengths (1.8m or 2.5m) and includes a toeboard system that provides trip free access. Ballast should be used as counterweight. Refer to HSS Operating and Safety Guide or manufacturers' recommendations.

Other Towers & Platforms

HSS also have a wide range of towers and platforms

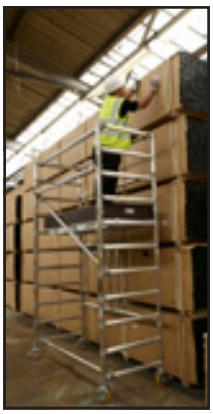
Stairway Access Tower



Span Access Platform

Alloy Access Towers

Tower Bridge Desk



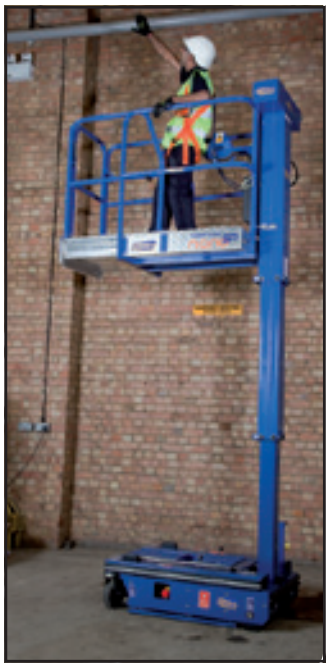
Folding Indoor Scaffold

Lift Shaft Tower

Low Level Access

HSS has a wide range of Low Level Access equipment which are perfect for essential maintenance and repair work and are safer alternatives to ladders and steps.

Self-Propelled Low Level Platform



A self-propelled low weight, ultra compact platform, offering speed and efficiency for many tasks such as light maintenance, inspection and cleaning. The unit has a working height of 4.5m and low weight of 478kg. This self-propelled unit is rated for indoor or outdoor use.

- Fully self-propelled even when elevated
- Rated for indoor or outdoor use
- Low weight of 478kg. Can be used on raised flooring (Kingspan approved)
- Can be transported on standard 500kg trailer lift vehicles
- Ultra compact footprint 750mm x 1200mm
- Extending deck for outreach over obstructions
- Automatic pothole protection

Pop Up Access Platform

For those essential indoor repair, maintenance and installation tasks where you need safe and simple low level access, our new Pop Up Platform allows you to quickly reach heights of over 3 metres.

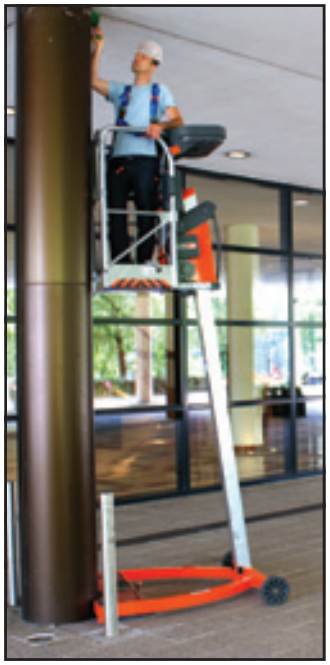
- Safer working alternative to ladders and steps
- Fully extended platform provides working height up to 3.6m
- Battery powered operation – takes only 8 seconds to reach full working height
- Compact design fits through interior doorways and lift doors
- Easy to operate controls
- 1 person access lift
- Up to 300 operations on a single battery charge

Power Tower

A low level access solution slim enough to fit through a standard doorway yet offering a generous platform height of 3.1m. Ideal for all indoor light repair, maintenance and installation tasks.

- A push around unit
- It's small working footprint is ideal for aisles and small areas etc.
- Dual voltage battery charger
- Includes harness anchor point
- Auto-breaking system for safe static elevation
- Powered Access Harness available to purchase

Lift Pod



The Lift Pod portable aerial work platform combines the portability of a ladder with the freedom and functionality of a work platform. Ideal for tasks such as light maintenance or repair, cleaning and inspection work.

- Maximum working height 4.32m
- Individual components weigh less than 29kg
- Can be assembled and ready to use in 30 seconds
- Operated by battery or 18V drill
- Fits in lifts and through doorways
- Can be transported in a small van

Podium Steps

For essential maintenance and repair work, these podium steps provide low level height access with full guardrail protection.

Ideal for a single operator plus tools. These podiums are fitted with lockable castors for additional safety.

- Erects and dismantles in minutes
- 1m maximum platform height allows you to reach up to 3m
- Scaffold protectors (Stop Nocs) available to purchase

1.5m Podium Step

Providing full guardrail protection, this 1.5m Podium is ideal for essential maintenance and repair work. It is suitable for a single operator and their tools.

It's quick and easy to assemble using captive deck and stairs. Guardrails ensure compliance with the 2005 Work at Height Regulations.

Other Staging & Steps

HSS also has a wide range of staging and steps equipment.

Steel Trestles & Scaffold Boards

GRP Platform Steps

Safety Steps

Alloy Platform Steps

Stock Picking Steps

Decorators Trestles

Providing low-level and access solutions

There is a lot of confusion as to whether ladders can still be used, the answer to this question is YES but the Work at Height Regulations state that:

Ladders should only be used as a means of getting to a workplace. If they have to be used as a workplace it should only be for light, short-term work.

What should you be using?

Podium Steps and Adjustable Safety Platform Steps are ideal to be used as low-level working stations. Why?

- Fully compliant with the Work at Height Regulations
- Safer alternatives to ladders and steps
- Provide low-level height access with full guardrail protection at all times
- Ideal for essential maintenance and repair work

Ladders

The Work at Height Regulations state that ladders can still be used but advise that they should only be used as a means of getting to a workplace. If they have to be used as a workplace it should only be for light, short-term work. HSS recommend the use of a ladder safety foot to prevent slipping. HSS have a range of ladders and steps ideal for all your access needs.

Multi mode Ladder

This is a robust and highly versatile trade ladder system that can achieve 19 different working heights across 4 different modes of operation.

Arguably, the only ladder you'll ever need.

Combination Ladders

Gaining access for inspection and maintenance often involves using both extension ladders and steps. These versatile, lightweight combination ladders do both these jobs.

Other Ladders

HSS also have a wide range of ladders.

GRP Ladders

Roof Ladders

Conservatory Roof Access System

Standoff Ladder Stay

Multi-purpose Ladder

Push-up Ladders

Ladder Safety

The Work at Height Regulations state that ladders can still be used but advise that they should only be used as a means of getting to a workplace. If they have to be used as a workplace it should be for light, short-term work. HSS recommend the use of a ladder safety foot to prevent slipping.

Note: The positioning method noted below is summarised - always refer to the Manufacturer's Instruction Manual. HSS Guide available.

Positioning Ladders

- Lay ladders flat on the ground and extend them to the required height, then raise into their working position
- Rope operated ladders should be held upright while being extended
- Check each foot is on a clean, level, firm surface
- Ensure sections overlap by at least 2 rungs (3 if the sections are more than 4.5m long) and check that all locking devices are properly engaged
- Ensure the ladder is positioned at a safe working angle between 70-75 degrees. The rule is: ONE OUT for every FOUR UP.
- Make sure the ladder is at the correct height, never use boxes or bricks to gain extra height

Do NOT use a ladder

- Where it can be knocked by a door or window unless the door or window is secured
- If you are not competent or have a fear of heights
- Where it may get struck by a passing vehicle
- Within 6m of an overhead power line (unless the lines have been temporarily disconnected or insulated)
- On side or back slopes, particularly if the surface is wet
- If carrying heavy or awkward shaped objects. Never carry loads heavier than 25kg over - 10kg should be avoided if possible
- If wind speed exceeds 17mph
- If your task(s) will exceed 30 minutes. Consider alternative access equipment designed for longer duration.

HSS Training has all your Working at Height Training needs covered

HSS Training offer a wide range of Working at Height related courses to ensure you, and the people you work with, know how to follow safe systems of practise and use your access equipment safely.

PASMA Mobile Access Towers courses

HSS Training is an accredited member of PASMA and offers a wide range of courses relating to mobile access equipment. The courses include classroom tuition, practical sessions and assessment on the safe erection, dismantling and use of alloy and fibreglass access towers.

Delegates will receive PASMA certificates and Photo Card (valid for 5 years) on successful completion of the courses.

IPAF MEWPs for Operators

IPAF Powered Access Training
HSS Training offers a range of MEWP courses for operators, supervisors and managers who use powered access.

All IPAF categories covered; Scissor lifts, self-propelled boom lifts, trailer mounted boom lifts and aerial work platforms.

Delegates successfully completing the course will receive an IPAF Certificate and PAL (Powered Access Licence) Card valid for 5 years.

The Ladder Association – Ladder Access Safety

HSS Training is pleased to present its steps and ladder course, in conjunction with the Ladder Association.

Delegates will learn how to assess and determine the appropriate use of ladders and steps, select appropriate work at height equipment for a task, correctly locate and safely use ladders and steps as well as inspecting ladders and steps for damage.

Successful completion of this course will result in the issuing of a Ladder Association Ladder User's ID card and Certificate of Training.

Height Safety

All height safety courses begin with Height Safety Equipment Appreciation & Inspection. This provides delegates with a solid foundation in safe working at height. This is then enhanced by a Practical Enhancement Module (e.g., Roof Top Safety).

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