

العمل بأمان في المرتفعات  
Working Safely at Heights



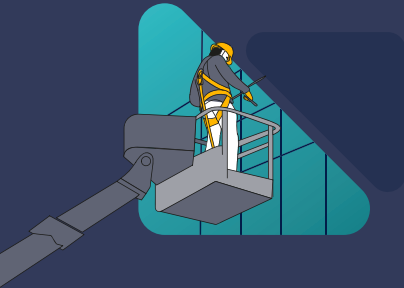
مركز أبوظبي  
للصحة العامة  
ABU DHABI PUBLIC  
HEALTH CENTRE



# Working Safely at Heights



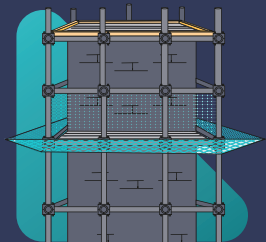
**Mobile Elevated  
Work Platform  
(MEWP) Safety**



**Ladder Safety**



**Scaffolding Safety**



Falling from heights or exposure to falling objects are major causes of fatal and non-fatal injuries. Following simple measures can prevent injuries.

# Scaffolding Safety

First things first: make sure that a risk assessment has been conducted and if there is no alternative to working at height, then suitable access equipment should be selected taking into account the nature of the work.

ADOSH-SF Code of Practice 26.0 includes comprehensive requirements on Scaffolding

Below are some key do's and don'ts when using Scaffolding.



## Do's

- Scaffolding must be designed and erected in accordance with the manufacturers' instructions.
- Scaffolding must be erected, altered, dismantled, inspected and used by trained, competent personnel.
- Scaffolding must be strong enough for the usage purpose.
- The scaffold register should note defects and corrective actions taken.
- Where required, the scaffold must be firmly secured to the building.
- Work platforms must be fully boarded, in good condition and arranged to avoid tipping or tripping.
- Place scaffolds on stable ground.
- All uprights must be provided with suitable bases to prevent slipping or sinking.
- Provide safe method of access to the scaffold.
- Lock scaffold wheels when in use.
- Remove tools or debris on scaffold platforms.
- Equip all open sides and ends of scaffold platforms with proper guardrails, mid-rails, and toe-boards.
- Wear appropriate PPE including full body safety harness and lifeline.
- Remove anything placed on scaffolds at the end of the work shift.
- Take required precautions while working close to electric power lines.
- Provide netting or fencing where material can fall over toe board.

## Don'ts

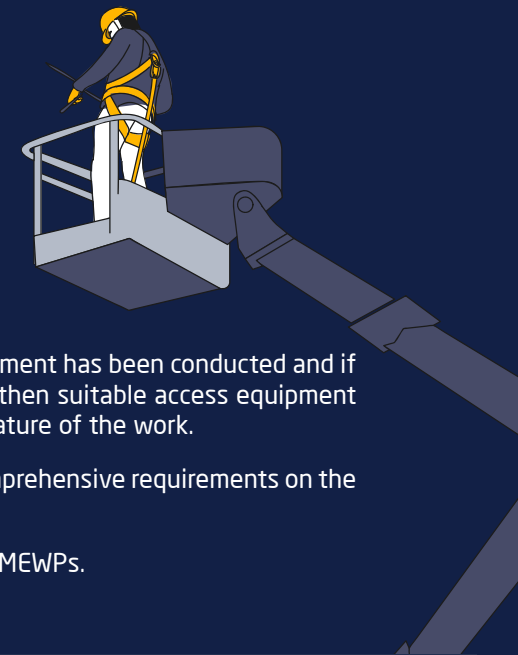
- Intermix scaffolds, frames and components of different manufacturers.
- Use scaffolds as storage for tools or materials.
- Move scaffolds while they're in use or occupied.
- Overcrowd scaffold with people, supplies or equipment.
- Alter scaffolding accessories.
- Use makeshift scaffolds like planks laid across concrete blocks or other materials.
- Work on scaffolds when there's a strong wind or storm.
- Use ladders or other materials on top of scaffolds to increase their height.
- Climb or stretch out over the guardrails.
- Strike scaffolds with materials or vehicles.
- Use the incomplete scaffolding or those not marked for "Safe to Use".

# Mobile Elevated Work Platform (MEWP) Safety

First things first: make sure that a risk assessment has been conducted and if there is no alternative to working at height, then suitable access equipment should be selected taking into account the nature of the work.

ADOSH-SF Code of Practice 34.0 includes comprehensive requirements on the use of MEWPs.

Below are some key precautions when using MEWPs.



- A detailed risk assessment shall be prepared for the use of MEWPs identifying the hazards associated with the use and emergency procedures.
- MEWPs operators shall be trained and competent to use the equipment and dealing with emergencies.
- The training given shall be specific to the type of equipment the person is operating.
- Working platforms of MEWPs shall comply with the requirements of ADOSH-SF - CoP 23.0 - Working at Height.
- Safety harnesses shall be worn at all times by employees working from the platform of a MEWP.
- MEWPs shall only be used when the ground conditions are favourable for this type of device.
- Step ladders or hop-ups shall never be used from the working platform of a MEWP.
- Employees shall not be allowed to leave the working platform whilst in an elevated position, e.g. climbing off the platform to gain access to an elevated place of work.
- Wind speeds shall be monitored and the wind-off speed shall be in accordance with the manufacturer's instructions.
- MEWPs shall have the safe working load of the platform clearly marked on the equipment, and.
- Conduct daily pre-operation inspection and function checks on all controls of the MEWP to eliminate equipment failure.
- MEWPs shall be subject to a 6-monthly thorough examination and testing.
- MEWPs shall be fitted with an emergency lowering device in the event of power failure or other malfunction.
- While working on public roads correct traffic controls must be in place to ensure the safety of the workers.
- Eliminate 'struck by' or 'caught between' hazards associated with MEWPs operation.
- Ensure the workers do not position themselves between overhead hazards and check that there is no overhead obstruction during the operation.

# Ladder Safety

First things first: make sure that a risk assessment has been conducted and if there is no alternative to working at height, then suitable access equipment should be selected taking into account the nature of the work.

ADOSH-SF Code of Practice 37.0 includes comprehensive requirements on the selection and use of ladders.

Below are some key do's and don'ts when using ladders.



## Do's

### Only use a ladder or stepladder:

- That is clean and not slippery and right for the job.
- In a safe environment.
- Placed on stable, flat surfaces that are free of materials that could cause a slip.
- Secured from top and bottom.
- When you have inspected it before use.
- Leaning at approximately 75 degrees from horizontal.
- Always face the climbing side when going up or down.
- Used by one person at a time.
- Where you can maintain 3 points of contact (hands or feet). Maintain a firm grip at all times.

## Don'ts

### On a ladder or stepladder do not:

- Overload it or carry loads on ladders.
- Over-reach.
- Have more than one person on a ladder at one time.
- Stand ladders on moveable objects or uneven ground.
- Extend ladders while standing on rungs.
- Stand on top three rungs.
- Overlap by less than 3 rungs.
- Setup near passage way, doorway or other places with potential of strike by a person, vehicle or load.
- Use an aluminum ladder near electrical facilities.
- Use near other fall hazards.
- Use on scaffolding to create an extra height.
- Use outside in bad weather or windy conditions.
- Leave an unsecured ladder unattended.



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