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9.1.3.1 Requirements.

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

The main requirements, in priority order, are:


- Avoid work at height where it is reasonably practicable to do so.
- Where work at height cannot be easily avoided, prevent falls using either an existing place of work that is already safe or the right type of equipment.
- Minimise the distance and consequences of a fall, by using the right type of equipment where the risk cannot be eliminated.

Working at Height is defined in the regulations as work which cannot be undertaken at ground level.

9.1.3.2 Arrangements.

Where work at height is necessary, the following control measures will apply:

- All work at height must be properly planned and supervised where necessary.
- Any task requiring work at height must be properly assessed with regard to hazards such as uneven floors, weather conditions, fragile surfaces, securing of access equipment, risks from falling objects etc., together with emergency procedures.
- Only access equipment provided by the STR must be used by staff and volunteers on STR sites unless approved by the DOM / Responsible Person.
- All access equipment fixed and portable under the control of the STR must be subject to recorded routine formal thorough inspection and to pre-use inspection.
- Where frequent work at height is necessary in any location, priority must be given to installing safe fixed access equipment.
- Any proposed roof work must be fully documented & assessed by the DOM / Responsible Person and permission to proceed obtained from the Chair of Trustees before work begins - suitable additional controls, including safety harnesses and lanyards must be employed.

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9.1.3.3 Use of Ladders.

The use of portable ladders is not explicitly prevented by the Regulations, however where ladders are in use then several requirements apply which include:

- Only use a ladder if a risk assessment shows that more suitable work equipment is not justified because of low risk and short duration of use or due to existing features on site which cannot be altered.
- Ladders are to be on stable, firm surfaces.
- Ladders are to be secured near their upper or lower ends or to have an effective anti-slip device.
- Ladders being long enough to protrude sufficiently above the place of landing to ensure a firm handhold.
- Mobile ladders to be prevented from moving when they are stepped upon or in use.
- Where ladders rise a vertical distance of 9 metres or more, there should be provided at suitable intervals sufficient landing areas or rest platforms.

Fixed access staircases (e.g. signal box access) or signal post ladders are to be regularly inspected under the same regime as portable ladders.

9.1.3.4 Applicable Legislation.

Work at Height Regulations 2005.

9.1.3.5 References.

HSG 33 Rev 5 2020 Health & Safety in Roof Work.

INDG 401 Rev 2 01-2014 Work at Height Regulations 2005.

INDG 455 2014 Safe Use of Ladders & Stepladders.

9.1.3.6 Documentation.

STR-RA4 Working at Height Risk Assessment.

Ladder Inventory & Inspection Records.