



Key Legislation: **Work at Height Regulations 2005**

KEY STATISTICS



8,000+

Non-fatal injuries from falls from height per



25%

Of all workplace fatalities caused by falls from



£1.2 billion

Annual cost of falls from height to UK



95%

Of falls from height are preventable

LEARNING OBJECTIVES



Understand the legal requirements under the Work at Height Regulations 2005



Apply the hierarchy of controls for work at height



Conduct a risk assessment for work at height activities



Select appropriate work equipment for different work at height tasks

STEP-BY-STEP GUIDE

1

Avoid

Can the work be done from ground level? Use extending tools or redesign the task



2

Prevent Falls

Use collective measures: scaffolding, guardrails, working platforms



3

Minimise

Use fall arrest systems: safety nets, airbags, crash mats



4

PPE

Last resort: harnesses, lanyards, fall arrest equipment

