

The Work at Height (Amendment) Regulations 2007

These regulations have been written to help prevent the deaths and injuries caused each year by falls at work.

- Remember a ladder is not a safe platform to work
- Always assess the job before any work at height is carried out – avoid if possible
- Never attempt to do the job alone, although PVC gutter is light – it can catch the wind
- There is no height threshold, as a rule of thumb, if you could fall and injure yourself then you must adhere to the regulations irrespective if the job is at or below ground level
- When working at height, select the most appropriate equipment for the task and site such as working platforms and or mobile elevating towers
- Ensure all operators are properly trained and are familiar with this item of equipment
- Equipment checks must be made to ensure that it is suitable and is in good repair
- Ensure adequate fall restraints/arrest/protection is used

Guidance can be accessed on line at www.hse.gov.co.uk

Be safe on site – Don't take risks