Work at Height Method Statement

Activity

This activity relates to all working at height.

General

This method statement summarises the hazards and associated control measures from the generic risk assessments for this work. These risk assessments are: A-TECH Work at Height Risk Assessments 2011

Training and Competence

One of the most important control measures is that the work is being carried out by trained and competent people. From the risk assessments associated with this activity the operatives must hold evidence of competence to carry out the tasks required, those competencies will depend on the work to be carried out. IPAF Powered access licence for the MEWP & other plant / equipment in use. First Aid Appointed Personnel must be on site as part of the call.

Method

Below are shown the significant hazards and control measures that have been identified from the generic risk assessment stated above.

Hazard	Control Measures
Falling injury	All staff fully trained and competent Follow working at height hierarchy Avoid working at height Reduce the risk of falling Ensure stability, especially on soft or uneven ground. Follow equipment manufactures safety instructions Periodic inspection of all access equipment by competent person Site risk assessment completed and communicated to all on site Use a MEWP vehicle mounted and with harness and restraint in bucket User checks of access equipment before use
Injury from falling object	All staff fully trained and competent Use lanyards on tools and equipment to prevent falling Client/General public excluded from work area Designated drop zone identified Work activities planned

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Site Specific Risk Assessment

A site specific risk assessment will be carried out before the work starts. This identifies any additional hazards and control measures that are specific to the site conditions. The site specific risk assessment must show how the working at height hierarchy was applied for the work activity

Information and Instructions

The work pack will contain all necessary details of the task to allow the work to be carried out within the control measures in this method statement

All members of the work team to have copies of current competencies available

Emergency and Contingency Measures

DNO procedures to be used in the event of an electrical incident
Site emergency procedures are identified on the site specific risk assessment
First Aid provision available at the work place
Environmental emergency procedures identified on the site specific risk assessment
Emergency kit available in the event of a spillage

British Standard, DIN and ISO Standards
BS 302-1/2 Stranded steel wire ropes
BS 463 Specification for sockets for wire ropes
BS 464 Specification for thimbles for wire ropes
BS 1139 Metal scaffolding
BS 1290 Specification for wire rope slings and sling legs for general lifting purposes
BS 2853 Specification for the design and testing of steel overhead runway beams
BS 3032 Specification for high tensile steel shackles
BS 3243 Specification for hand operated chain blocks
BS 3481 Flat lifting slings - Part 2: Specification for flat woven webbing slings made of man-made fibre for general service
BS 3551 Specification for alloy steel shackles
BS 4278 Specification for eyebolts for lifting purposes
BS 4429 Specification for rigging screws and turnbuckles for general engineering, lifting purposes and pipe hanger applications
BS 4898 Specification for chain lever hoists
BS 4942 Short link chain for lifting purposes
BS 5281 Specification for ferrule-secured eye terminations for wire rope
BS 5950 Structural use of steelwork in building
BS 6166 Lifting slings – Part 3: Guide to the selection and safe use of lifting slings for multi-purposes
BS 6399 Loading for buildings
BS 6570 Code of practice for the selection care and maintenance of steel wire ropes
BS 6668–1/2 Textile lifting slings - Part 1: Specification for lifting slings for general service made from certain natural and man-made fibre ropes. Textile lifting slings - Part 2: Specification for round slings made of man-made fibre for general service.
BS 6994 Specification for steel shackles for lifting and general engineering purposes grade 4 (M).
BS 7035 Code of practice for socketing of stranded steel wire rope
BS 7121–1/2 Code of practice for the Safe Use of Cranes
BS EN 292-2 Safety of Machinery; Basic concepts, general principles for design - Part 2: Technical principles and specifications
BS EN 418 Safety of machinery – Emergency stop equipment, functional aspects. Principles for design.
BS EN 698 Fibre ropes for general service - Manila and sisal
BS EN 701 Fibre ropes for general service - General specification
BS EN 795 Protection against falls from a height, anchor devices, requirements and testing.
BS EN 818-2 Short link chain for lifting purposes – Safety - Part 2: Medium tolerance chain for chain slings - Grade 8.
BS EN 1261 Fibre ropes for general service - Hemp
BS EN 1677-1 Components for slings – Safety – Forged steel components - Grade 8.
BS EN 1677-2 Components for slings – Safety – Forged steel lifting hooks with latch - Grade 8
BS EN 1677-4 Components for slings – Safety – Links - Grade 8
BS EN 12275 Mountaineering equipment – Connectors – safety requirements and tests
BS EN 25817 Arc-welded joints in steel – Guidance on quality levels for imperfections
BS EN 30042 Arc-welded joints in aluminium and its weldable alloys. Guidance on quality levels for imperfections

BS EN 60204 Safety of machinery. Electrical equipment of machines - Part 1: Specification for general requirements
DIN 1142 Wire rope grips for rope terminations to meet safety requirements DIN 15315 Symmetrical wedge sockets for wire ropes
BS 3810 Part 5: Terms used in connection with lifting tackle
BS 3810 Part 6: Terms used in connection with pulley block
BS 5950 Structural use of steel
BS 6399 Loadings on buildings
BS 8118 Structural use of aluminium
DIN 1142 Wire rope grips
DIN 15315 Wedge socket (Elevator type, for wire rope termination)

Fall Arrest Equipment Standards
EN 361 Harness for fall arrest
EN 355 Energy (shock) absorbers for industrial use
EN 360 Retractable line fall arrestors
EN 362 Connectors (karabiners) for industrial use
EN 354 Lanyards
EN 363 Complete fall arrest systems
EN 353-1 Fall arrestors on a rigid anchorage line/rail
EN 353-2 Fall arrestors on a flexible rigid anchorage line/rope
EN 795 Anchors for fall arrest, Types A,B,C,D

Work Positioning Equipment
EN 358 Sit harnesses
EN 358 Lanyards for work positioning (pole straps, etc)
EN 341 Descenders
EN 567 Rope clamps (ascenders, etc)
EN 12278 Pulleys
EN 1891 Ropes for “industrial” rope access and climbing

Helmets
EN 397 Construction industry safety helmets
EN 12492 Mountaineering helmets

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