

# A better way of thinking

Competence is skills,  
knowledge and behaviour

- **Think:** people often cause accidents
- **Think:** you and your frame of mind
- **Think:** things change all the time
- **Think:** risks from new tasks and unfamiliar surroundings



# Get a head for heights

Select the right equipment  
and use it correctly

- Falls from height account for over 35 deaths and over 5,000 injuries a year
- Ensure that low level access users are IPAF-trained
- Use podiums instead of steps and never 'surf'
- Towers must be erected by trained and competent people (e.g. PASMA)



# Look out, it could be you

Accidents can happen to anyone, anywhere, at any height

- Work at Height Regulations apply to everyone - whether on-site, in an office, self-employed or sub-contractors - at any height, above or below ground
- 60% of major injuries occur from falls from below two metres
- Warn others of potential dangers and mark-off danger areas
- Consider the dangers from falling objects and fragile surfaces



# Stay on top of the law

Risk assessment is a legal requirement

- **Avoid:** working at height by finding a safer alternative
- **Prevent:** if you must work at height, do everything possible to prevent a fall
- **Minimise:** always minimise the distance and consequences of a fall
- Watch out for fragile surfaces, weather and ground conditions

