

MIA STANDARD: WORKING AT HEIGHTS

Health and safety is of paramount importance to the New Zealand meat processing industry. The risk of being seriously harmed by a fall from a height is a significant hazard. It is in the interest of every company and the industry as a whole to meet minimum standards for working at height. For this reason, the meat industry is committed to achieving these standards. This standard draws on international experience and merges this with the relevant New Zealand regulations coming into force under the Health and Safety at Work Act 2015. This is a working document. This document and the subsequent family of documents will evolve over time for example to reflect changes in industry practice and regulation.

1 BASIC PRINCIPLES

- Avoid work at height where you can (i.e. lower work or equipment, such as air handling plant, to ground level rather than require working at height);
- Select and use appropriate work equipment or other measures to prevent falls where they cannot avoid working at height (i.e. such as barriers, scaffold, EWP); and
- Where they cannot eliminate the risk of a fall, use work equipment or other measures to prevent the fall or minimise the distance and consequences of a fall should one occur (i.e. such as fall restraint harnesses).

Work at height includes the risk of low falls as well as high falls and hence encompasses a range of situations from access to stock trucks and delivery vehicles, on the slaughter floor, roof mounted plant, working over pits and tanks, from ladders, steps and platforms, etc. There is no 'safe' height.

2 DUTIES OF THE PCBU

The PCBU is generally the company. Someone within the company is responsible for health and safety of the workers at a site and usually this will be senior manager at that site. The PCBU has a general duty of care set under the Health and Safety at Work Act 2015, that a PCBU who manages or controls a workplace must ensure, so far as is reasonably practicable, that the workplace, the means of entering and exiting the workplace, and anything arising from the workplace are without risks to the health and safety of any person. There are also specific requirements relating to risks of falls.

The PCBU must manage risks to health and safety associated with a fall by a person from one level to another that is reasonably likely to cause injury to the person or any other person. This includes the risk of a fall:

- a) in or on an elevated workplace from which a person could fall; or
- b) in the vicinity of an opening through which a person could fall; or
- c) in the vicinity of an edge over which a person could fall;
- d) on a surface through which a person could fall; or
- e) in any other place from which a person could fall.

The PCBU must ensure, so far as reasonably practicable, that any work that involves the risk of a fall is carried out on the ground or on a solid construction. This means

- a) A surface that is structurally capable of supporting all persons and things that may be located or placed on it; and
- b) Barriers around its perimeter and any openings to prevent a fall; and
- c) An even and readily negotiable surface and gradient; and
- d) A safe means of entry and exit.

The PCBU must minimise the risk of a fall by providing adequate protection against the risk. The person provides adequate protection against the risk if the person provides and maintains a safe system of work, including by:

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- a) Providing a fall prevention device if it is reasonably practicable to do so; or
- b) If it is not reasonably practicable to provide a fall prevention device, providing a work positioning system; or
- c) If it is not reasonably practicable to comply with the above, providing a fall arrest system, so far as is reasonably practicable.

3 IDENTIFY HAZARDS

The PCBU must identify reasonably foreseeable hazards that could give rise to risks to health and safety.

The primary responsibility is to identify all those situations in which work at height may occur including during routine work, as well as non-routine cleaning, clearing blockages, breakdown and maintenance, contractors, etc. The work should then be assessed in order to fully understand the nature of the risk and to consider the various options around how the work can be done safely. This includes access to the areas where work is to be carried out. Consideration should also be given to the associated risks of objects falling from an elevated work position.

Any height off the ground must be considered. While the height is an important risk factor to be considered, other risk factors need to be considered as well.

Tasks that need particular attention are those carried out:

- on any structure or plant being constructed or installed, demolished or dismantled, inspected, tested, repaired or cleaned (especially where workers are unfamiliar with the layout)
- anything where there is maintenance and where there is a changed layout or workers are unfamiliar with the layout
- on a potentially fragile or unstable surface
- using equipment to work at the elevated level (for example, when using elevating work platforms or portable ladders)
- on a sloping or slippery surface where it is difficult for people to maintain their balance or steps (for example, on ramps that are wet or have fat or blood on them)
- near an unprotected open edge (for example, legging stands)
- near a hole, shaft or pit into which a worker could fall (for example, lift shafts or service pits)
- tops of trucks

PCBUs should also check records of previous injuries and 'near miss' incidents related to falls.

3.1 HOW TO ASSESS THE RISK

A suitable assessment of risk must be made for each hazard identified. When assessing the risks arising from each fall hazard, the following matters should be considered:

- Height of the potential fall
- Potential severity of injury (including landing on unguarded machinery or pipes)
- Risk to others
- Design of the platform, including size, condition, slipperiness, edge protection, etc
- Distance between the carcass and the leading edge of the platform, and extent worker is reaching or leaning over
- Off-cuts and body fluids (blood, grease, fat, etc) and water on platform
- Type of footwear provided
- Access and egress from platforms
- Application of force, such as pulling, pushing, or downwards forceful cutting
- Access to areas underneath where persons are working (such as rise and fall stands)
- Hand grip – places where hand grip may be absent or easily lost or both hands are required for the task

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- Where there is a risk of objects falling and striking people below
- Need to handle livestock safely

Also consider other factors, such as:

- Ergonomics – reach distances, barrier heights and comfort
- Production requirements (such as need to cut down the length of the carcass)
- Meat hygiene requirements (such as carcass rubbing against barrier and need to access for cleaning). However, it is important to note that food hygiene requirements do not negate the need to protect workers.

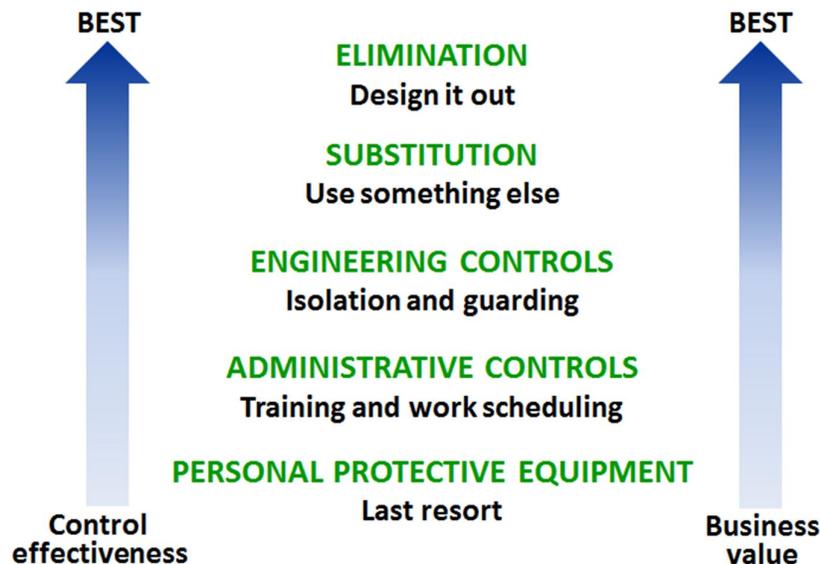
Identification of hazards, assessment of risk, and controls, should be determined in conjunction with the site Health and Safety Committee and/or relevant Health and Safety Representative.

4 IMPLEMENT CONTROLS

If it is not reasonably practicable for a PCBU to eliminate identified risks, the PCBU must implement risk-control measures.

A manager should use the following hierarchy for managing and selecting equipment for work at height:

- Eliminate work at height where they can (i.e. lower work to ground level rather than require working at height, or assemble components on the ground and have lifted to the height rather than work at the height);
- Use work equipment or other measures to prevent falls where they cannot avoid working at height (i.e. such as guard rails and barriers or mobile elevated platforms); and
- Where they cannot eliminate the risk of a fall, use work equipment or other measures to minimise the distance and consequences of a fall should one occur (i.e. such as harnesses).



Irrespective of the type of controls, they should be supported with measures to make sure:

- Everyone on site understands and uses the controls
- The controls are working
- The controls remain effective

Good workplace design is essential and provides the most effective opportunity to eliminate risk, for example by designing in safe access to plant or positioning it at ground level. Even where this

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cannot be done the fitting of anchor points or running lines makes it easier for those having to undertake work at height to implement a safe system of work.

A PCBU must ensure through effective supervision and monitoring that the control measures are effective and are maintained. There must be regular reviews of the risks and controls.

4.1 TYPICAL RISKS AND CONTROLS

This section outlines some practical controls for some of the typical heights in processing plants. This is voluntary advice and do not preclude sites from developing their own controls appropriate to the situation. Each site will have to determine what is appropriate for its operations, subject to its own risk analysis. For example, in some risk areas barriers may not be practicable, but other control(s) such as fall arrest systems, or markings, signs and administrative controls should be considered.

Typical Risk Areas	Typical Controls
<p>Portable ladders</p>	<p>Portable ladders should only be used when other means of access or work method is not practical. The work should be only of a short duration and low risk.</p> <p>A pre-use check (including the stiles, rungs, feet and locking mechanisms) should be made of the ladder and checked after it has been dropped or cleaned.</p> <p>A leaning ladder should be at 75° (1 unit of distance out for every 4 units high, or arms length away when standing upright). Three points of contact should be made on the ladder (i.e. a hand and two feet). Ladders should have the ground contact secure (i.e. not on a movable surface, and try to tie the ladder to prevent it slipping either outwards or sideways or have a second person holding the ladder). Do not overreach (the centre of the body must be within the stiles), and carry only light materials and tools.</p>
<p>Fixed steps and ladders</p> 	<p>Ladders that are to be a permanent access should be designed, constructed and erected in accordance with AS/NZ 1657:1992. Hand rails, hand holds etc.</p> <p>Non-slip surfaces should be considered, especially if there is likely to be fat, grease, blood and water on the steps or ladder rungs. Hoops and platforms for vertical ladders.</p>

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Cat walks in yards



There should be railings along cat walks in yards. Consideration should be given for a gap at the bottom of the railing to allow for a person to climb out of the yard quickly.

Fixed work platforms (legging stands)



A rail at least 900mm high, with gaps no more than 470mm. Where this cannot be fitted because, for example, working down the carcass in production, then consideration should be given to a fall restraint or fall arrest harness. Toe guards on the edges should be considered.

Platform surfaces if likely to have fat, grease, blood and water on them should have anti-slip grating or anti-slip material. There should also be a means of closing the rail opening at the top of the steps, such as a solid bar which falls back into the horizontal position after opening.

Rise and fall platforms



Same as above. Where it is not practical to fit front rails and toe guards a harness and lanyard should be provided and used by the operator. If there is a significant risk of the platform failing then a fall restraint system should be securely anchored to the steel work above the platform.

Any fall of the platform must be controlled, and valves should prevent any freefall. Automatic check or blocking valves should be fitted to cylinders and tested regularly as part of a preventive maintenance schedule. In addition to checking the air or hydraulic systems it is also important to ensure all mechanical parts of the lifting system, cylinders, rods, anchor points, locking butts and locking pins, etc, are correctly installed and in good condition.

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	<p>Personnel are excluded from under the area of operation. Rise and fall platforms can drop without warning so it is essential that access to the area below the platform is restricted. If possible the area should be fenced to restrict access or 'trip bars' or chains can be fitted underside. If trip bars are chosen as a solution the associated control system should operate as part of a 'failsafe' system.</p>
<p>Elevated work platforms (including forklift safety cages, cherry pickers, and scissor lifts)</p>	<p>See Worksafe NZ <i>Mobile Elevating Work Platforms - Best Practice Guidelines</i>.</p> <p>Platforms are used for raising and lowering workers to a height, and are not for transport around the site.</p> <p>Before use, the elevated work platform must be checked and inspected in the last 6 months, is the correct type for the job and not overloaded, is on a firm base, and any stabilisers and outriggers extended.</p> <p>Only workers considered competent may operate these types of lifting equipment. All workers on an elevated working platform shall wear a harness, and secured to the inside of the platform so they cannot climb or fall out of the cage. If a forklift safety cage is used, the authorised forklift operator must remain with the forklift at all times when the platform is raised.</p> <p>Special precautions (such as a safety plan or a spotter communicating with the operator) must be taken if operating within 4m of power lines or other electrical equipment.</p> <p>A worker must never be raised or transported on the tynes of a forklift.</p> <p>The area around the platform should be marked with a temporary barrier, tape, or plastic cones to ensure people underneath are not struck by falling objects.</p>
<p>Access to tanks</p>	<p>Access to tanks may be eliminated or at least reduced by installing monitoring equipment and filling points that can be accessed at ground level. Portable ladders should not be used, but fixed steps or ladders provided with handrails. Rungs and surfaces should have anti-slip surfaces.</p>
<p>Roofs</p>	<p>Routine access to the roof must be by permanent ladder with hoops or fixed steps. Edge guarding or fixed anchor points on roofs where cleaning or maintenance is routinely undertaken. If access is required across panel ceilings, catwalks or crawling boards should be used. Hazards must be assessed not only for the work on the roof but also for</p>

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materials that may fall off onto someone below. In general, construction, replacement or significant repairs must be done by a competent person (such as a specialist contractor).

4.2 COMPETENCY AND SUPERVISION

The PCBU should ensure that workers have sufficient skills, knowledge and experience to undertake tasks at heights, and if they are being trained, they work under supervision of somebody who is competent. Training alone does not equate with competence.

Where tasks are low-risk and short duration involving basic tasks (i.e. climbing up a ladder) competency requirements may be very simple (i.e. making sure the worker is not distracted or leaning over). Higher-risk or longer duration tasks at heights should include more formal training and supervision.

Cleaning and maintenance is a particular risk, as there may be unusual movement, safety devices may be disengaged, heavy or cumbersome equipment, and workers are unfamiliar with the layout. Cleaning and maintenance is an extra risk factor to be taken into account, and may require more training and supervision.

4.3 WORK PLATFORMS, STAIRWAYS AND LADDERS

Work platforms, stairways and ladders should be constructed and designed to AS/NZS 1657, with appropriate fencing and/or guard railing to prevent the fall of a person, where practicable. Surfaces should be non-slip, free from trip hazards and should generally not exceed 7 degrees (1 in 8 gradient). Cleated surfaces, which provide greater slip-resistance, should not be steeper than 20 degrees (1 in 3 gradient).

4.4 BARRIERS

Barriers (or edge protection) to prevent a person falling over edges should be provided on relevant parts of a solid construction. These include:

- legging stands and raised platforms
- cat-walks over stockyards
- the perimeters of buildings or other structures
- mezzanine floors
- openings in floors and pits
- the open edge of a stair, landing, platform or shaft opening.

The barrier should be designed and constructed to withstand the force of someone falling against it or should be placed sufficiently far away from the fall hazard (2m) to act as a warning.

The top of the guard rail or component should be between 900 mm and 1100 mm above the working surface. If a guard rail system is used, it should also have mid-rails and toe boards or wire mesh infill panels.

In stockyards, rails should be designed to allow for a worker to make a rapid exit from the yard, so mid-rails may not be appropriate.

Meat hygiene (such as carcasses rubbing on rails) and cleaning should be considered in design.

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Toe-boards should be considered to prevent feet from stepping over the edge and tools/knives from falling off.

Scaffolding must only be erected or dismantled by a competent person for such work.



4.5 PERSONAL FALL PROTECTION EQUIPMENT

This standard differentiates between full fall restraint harness (which prevents a person from falling by a short fixed line to a fixed anchor point), and a fall arrest harness (which arrests a fall). A restraint harness is preferable as it prevents a fall from occurring rather than mitigating injury from a fall.



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A restraint harness is a fixed line that prevents a worker from falling or moving over the edge of a platform. It can be a safety belt around the waist, a harness around the shoulders, or a full body harness. The line should be long enough so as to permit movement, but short enough to prevent a fall.



A fall arrest harness is intended to safely stop a worker falling an uncontrolled distance and reduce the impact of the fall. Only when a restraint system is not practicable, should a fall arrest harness be considered.

All equipment used for fall arrest should be designed, manufactured, selected and used in compliance with the AS/NZS 1891 series of standards.

Key safety considerations in using harnesses are:

- the correct selection, installation and use of the equipment.
- that the equipment and anchorages are designed, manufactured, installed and periodically tested to be capable of withstanding the force applied to them as a result of a person's fall.
- fall arrest harnesses should be full-body or upper body (including shoulders). Do not use a safety belt around the waist in a fall arrest situation – if you fall in a safety belt around the waist, back and abdominal injuries may occur. Safety belts around the waist should be for fall restraint systems only.
- that the harness is designed and installed so that the person travels the shortest possible distance before having the fall stopped.
- that workers using a fall arrest harness wear helmets with chinstraps to protect them in the event of a fall.
- the harness is cleaned with pure soap and water, and hung to dry out of direct sunlight, and connectors checked for cracks and grit.
- that if the equipment has been used to arrest a fall it is not used again until it has been inspected and certified by a competent person as safe to use.
- anchor points are put in by a certified person and are regularly checked for rust.

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Individual harnesses rely on workers wearing and using them correctly, and therefore workers who will use such a harness must be trained in its safe use. They should only be used where it is not reasonably practicable to use higher level control measures.

A fall arrest harness must have emergency and rescue procedures. The rescue of a worker who is suspended in a harness must occur promptly to prevent suspension intolerance. A worker should not use a fall arrest harness unless there is at least one other person on the site who can rescue them if they fall. The PCBU must ensure that the equipment and skills required to implement the emergency procedures are readily available and are tested so they are effective.

4.6 MARKINGS

Where barriers or railings are not feasible, the edge of a platform should be marked in a bright contrasting colour in addition to other controls.

Underneath a platform or ladder should be clearly marked. A temporary platform should be marked by temporary barrier or cones.

4.7 SAFETY SIGNS

Signs must be visible to those entering or operating in the area. The size of the signage should be proportional to the level of risk of the hazard.

Platforms with restricted access should be appropriately signed, and cordoned off or locked out by a chain or gate when not in use.

4.8 ADMINISTRATIVE CONTROLS

Administrative controls may be used to support other control measures and may include 'no go' areas, permit systems, the sequencing of work and safe work procedures. Using administrative controls exclusively to minimise the risk of falls is only appropriate when it is not reasonably practicable to use a higher order control.

Extra controls are particularly important during cleaning or maintenance when there are workers unfamiliar with the layout or equipment, the environment has been changed, or controls such as barriers or harnesses have been moved or disengaged.

'No go' areas or restricted access areas

Require clear signs warning people not to access the hazardous area. Relevant information and instruction should be provided about 'no go' areas with adequate supervision or doors and locking systems to ensure that no unauthorised worker enters the 'no go' area.

Barriers should be used in conjunction with signs to cordon-off areas where there is a risk of falling or being hit by falling objects. They should be highly visible and securely fixed to prevent displacement.

Permit systems

Permit systems allow only competent persons trained in the use of relevant control measures to work in an area where there is a hazard.

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Ref:

EXAMPLE PERMIT TO WORK AT HEIGHT

This permit form must be filled out by a competent person before a person can work at a height where there may be a hazard.

Description of Work:

Start Date/Time

End Date/Time

Access to Work Area/Work Platform to be Used:

Access to work area	Work platform to be used	Guarding
<input type="checkbox"/> Stairway	<input type="checkbox"/> Safety cage	<input type="checkbox"/> Guard rails
<input type="checkbox"/> Ladder	<input type="checkbox"/> Scaffolding	<input type="checkbox"/> Toe boards
<input type="checkbox"/> Safety cage	<input type="checkbox"/> Other	<input type="checkbox"/> Safety harness

Task Type:

- Work at any height requiring the use of a cherrypicker, mobile elevated platform, safety cage on a forklift, or suspended on a crane.
- Work where there is a risk of a fall from height because of the lack of secure permanent handrailing or properly constructed temporary scaffolding.
- Work at height associated with a confined space.
- None of the above but permit issuer and/or receiver consider the risk of a fall is a significant hazard.

Controls:

<p>Scaffold check/Site visit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scaffold check – scaffold certified and erected correctly <input type="checkbox"/> Surface stable <input type="checkbox"/> Area clear of people or controlled <p>Competency of Person</p> <ul style="list-style-type: none"> <input type="checkbox"/> User has relevant certification/quals <input type="checkbox"/> User has shown complete understanding of the equipment and the controls <input type="checkbox"/> User is supervised by an experienced person <p>PPE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fall restraint harness checked and fitted correctly <input type="checkbox"/> Fall arrest full body harness checked and fitted correctly <input type="checkbox"/> Line at correct length <input type="checkbox"/> Hard hat <input type="checkbox"/> Anchor point secure 	<p>Tools</p> <ul style="list-style-type: none"> <input type="checkbox"/> Two-way radio <input type="checkbox"/> Barriers, cones or tape <input type="checkbox"/> Hazard signs <p>Emergency Response Plan</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fire Service <input type="checkbox"/> Rescue/Emergency Coordinator <input type="checkbox"/> First aider <input type="checkbox"/> Does the user know how to contact these people <input type="checkbox"/> Has a rescue plan been discussed for unconscious/conscious rescue <input type="checkbox"/> Any factors that might make rescue difficult <p>Reminders to workers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Not to over reach <input type="checkbox"/> Keep work area clear to prevent tools being dropped
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Authorisation:

Permit Receiver (<i>print name</i>)	Signature	Date
Permit Issuer (<i>print name</i>)	Signature	Date

Sign Off:

Permit Issuer (<i>print name</i>)	Signature	Date
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Organising and sequencing of work

Work should be organised so that people do not interfere with other workers or increase the risk to themselves or others. For example, sequence jobs so that different trades are not working above or below each other at the same time. Plan the work so work at height is minimised in extremely hot or cold weather.

Safe work procedures

An administrative control may be as simple as a safe work procedure that describes the steps involved in safely undertaking a task. It may also include any particular training, instruction and the level of supervision required. For example, a safe work procedure to reduce the risk of falls when entering or exiting vehicles may include instructing drivers to not jump down from the cab and always maintain three points of contact when climbing into or out of the cab.

If relying on administrative controls, it may be necessary to provide a high level of supervision to ensure that the safe work procedure is being adhered to.

5 WORKER RESPONSIBILITIES:

Workers at processing sites must:

- Never work alone when working at heights – ask the supervisor for a support person or observer
- Follow all height hazard controls correctly and consistently
- Follow safe work practices they have been trained in
- Must report any uncontrolled hazards they see to their immediate supervisor
- Must use safety equipment provided. If harnesses are provided, these must be worn.
- Must report any fall incidents using their site's incident reporting system.

6 REFERENCE STANDARDS

Australian Standards and Australian/New Zealand Standards

AS 1418.13 *Cranes (including Hoists and Winches) – Building Maintenance Units*

AS/NZS 1576 *Scaffolding series*

AS/NZS 1657 *Fixed platforms, walkways, stairways and ladders—Design, construction and installation*

AS/NZS 1891.1 *Industrial fall arrest systems and devices—Harnesses and ancillary equipment*

AS/NZS 1891.2 sup:1-2001 *Industrial fall arrest systems and devices—Horizontal lifeline and rail systems—Prescribed configurations for horizontal lifelines (Supplement to AS/NZS 1891.2:2001)*

AS/NZS 1891.3 *Industrial fall arrest systems and devices—Fall arrest devices*

AS/NZS 1891.4 *Industrial fall arrest systems and devices—Selection, use and maintenance*

AS/NZS 1892 *Portable ladders series*

AS/NZS 4142.3 *Fibre ropes—Man-made fibre rope for static life rescue lines*

AS/NZS 4389 *Safety mesh*

AS/NZS 4488 *Industrial rope access systems series*

AS/NZS 4488.2 *Industrial rope access systems—Selection, use and maintenance*

AS/NZS 4576 *Guidelines for scaffolding*

AS 2550.16 *Cranes—Safe Use—Mast climbing work platforms*

AS/NZS 4994 *Temporary edge protection series*

Internet address: <http://www.standards.co.nz/>

British Standards Institution

BSEN 1263-1:2002 *Safety nets: Safety requirements, test methods*

BSEN 1263-2:2002 *Safety nets: Safety requirements for the positioning limits*

Internet address: www.bsi-global.com

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7 WORKING AT HEIGHTS CHECK LIST

Working at heights	Yes	No	N/A
<i>Process</i>			
Has the PCBU identified all the hazards of anyone falling from a height?			
Has the PCBU undertaken a risk assessment of the hazards?			
Has the PCBU identified and documented controls?			
Has the PCBU undertaken a regular review of the hazards and controls?			
Has the hazard identification, risk assessment and identification of controls been documented?			
Is there an up-to-date register of accidents and near misses?			
Was the Health and Safety Representative/Health and Safety Committee consulted on identification of hazards, risk assessment and control measures?			
<i>Controls</i>			
<i>Competency and supervision</i>			
Is there a training matrix showing who has been trained in safe work at height including harness set up and use?			
<i>Ladders</i>			
Ladders are only used where more suitable equipment (scaffolding, cherry pickers) are not justified by low risk and short duration			
Are ladders in good condition and of the appropriate type for the work activity?			
<i>Lifts and rise and fall platforms and mobile equipment</i>			
Are controls on lifts/rise and fall platforms labelled?			
Are emergency controls functioning on lifts/rise and fall platforms?			
Have lifts/rise and fall platforms been checked by a competent person in the past 6 months?			
<i>Surfaces</i>			
Have the surfaces on platforms or areas where workers are at heights been checked for strength, stability, fragility, and slip potential?			
Have non-slip surfaces been cleaned and maintained?			
Where there is blood, fat or water, do these have non-slip surfaces where workers stand/walk?			
<i>Holes/openings</i>			
Do these have barriers around them, or properly signed?			
<i>Powerlines/overhead cables and pipes</i>			
Have powerlines/cables and overhead pipes been moved out of harm, or signed?			
<i>Manual handling</i>			
Is a barrier or harness/restraint provided where workers have to lean out over a height to work?			
Do edges of raised surfaces have toe-boards?			
<i>Barriers</i>			
Edges of platform have either a barrier or workers have fall arrest harness			
Sufficiently strong and high (at least 90cm) to prevent a fall			
Placed or secured to prevent it being misplaced or not returned to position			
<i>Restraint harnesses and fall arrest harnesses</i>			

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Do harnesses, lines and anchor points meet the appropriate standard (including able to meet shock load of a fall) and within the test date?			
Are harnesses and restraints in good condition?			
Have anchor points been checked by a competent person in the past 12 months?			
Have workers been trained in the use of harnesses/restraints?			
Are regular checks made to ensure employees wear their harnesses/restraints when and as required?			