

CMR 006 – Work at Heights Standard
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1. Purpose

MPC Kinetic (MPK) consider working at heights as one of its highest risk activities undertaken within its operations. Within the business these high-risk activities are referred to as Core Mandatory Requirements (CMR's). CMR's focus on the critical controls required to manage high-risk activities and allow our personnel to make informed decisions to manage those risks effectively.

The purpose of CMR 006 – Work at Heights Standard is to provide guidance on how to

- Manage the risks associated with working at heights, which is supported by the work at heights bow tie risk assessment
- Implement the Work at Heights Core Mandatory Requirement (CMR). This is supported by GRP-CMR-FRM-006 Work at Heights Critical Controls

2. Scope

The scope of this standard applies to all MPK Employees and Sub-Contractors who are involved with working at heights activities for MPK operations within all MPK controlled work sites.

Note: works outside of MPK control is not considered in scope

3. Reference Documents

Document Name
CMR-FRM-006 Work at Heights Critical Controls

4. Critical Control Implementation

4.1 Actions Required Prior to Working at Heights above 1.8m

4.1.1 Develop Safe Work Method Statement (SWMS)

A documented Safe Work Method Statement (SWMS) or equivalent must be developed to eliminate or minimise the risks associated with working at heights.

The content of the SWMS must be developed after reviewing the hazards, risks and control measures documented in the relevant HSE Risk Register.

4.1.2 Apply Hierarchy of Controls

Risks with the work activity must be managed using the hierarchy of controls. This includes:

1. Elimination
2. Substitution
3. Engineering
4. Isolation
5. Administration
6. Personal Protective Equipment (PPE)

4.1.3 Apply Work at Heights Hierarchy of Control

Work at heights risks must be managed by applying the work at heights hierarchy of controls. This includes:

1. Work on the ground
2. Work on a solid construction e.g. scaffold, solid structures with fixed handrails
3. Fall prevention devices e.g. Mobile elevated work platforms, temporary handrails at fall edges

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4. Work positioning system e.g. fall restraint system
5. Fall arrest systems

4.1.4 Permit to Work Requirements

A permit to work must be issued when fall arrest / restraint equipment is used as the primary fall protection measure.

The Permit must be issued by an authorised person.

The Permit must be issued in accordance with MPK's Permit to Work Procedure / BU equivalent or any client requirements.

The Permit must be in writing and recorded on MPK's Work at Heights Permit.

As a minimum, the permit must contain:

- Details about the project, task, location, and time frame
- A list of personnel who will be working at height
- The nominated risk controls that have been met before work at height can begin

4.2 Fall Restraint & Fall Arrest Systems

4.2.1 Use Fall Restraint Systems

A fall restraint system is used to physically prevent the person reaching a fall edge.

A fall restraint system is suitable for use where the worker can maintain secure footing without having to tension the restraint line and without the aid of any other hand hold or lateral support.

When deciding whether secure footing can be maintained, consider:

- Slope of the surface
- Structural strength of the supporting roof material e.g. fragile or solid
- Surface texture e.g. wet or slippery

When using a fall restraint system, the user must always maintain 100% hook-up to an anchor point.

4.2.2 Set Up Fall Restraint Systems

Fall restraint system set-up must:

- Include a fixed lanyard and full body harness attached to a certified anchor point
- Have all anchor points installed and certified by an engineer

4.2.3 Work at Heights Training Requirements

All workers using fall restraint or fall arrest systems must be trained to the competencies within RIIWHS204 - Work safely at heights (3-year expiry).

All persons performing working at heights rescue must be trained in PUASAR032, PUASAR022, UAEME001, PUA FIR215 Rescue at Heights (if applicable).

4.2.4 Use Fall Arrest System

A fall-arrest system must be used instead of a fall restraint system if:

- The worker can reach the fall edge
- The worker has a restraint line that can be adjusted in length so that a free fall position can be reached
- There is a danger the user may fall through the surface e.g. fragile roof.
- The slope is over 15 degrees

A fall-arrest system must consist of:

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- Shock-absorbing lanyard or inertia reel
- Full body harness
- Attachment to a certified anchor point

When using a fall arrest system, the user must always maintain 100% hook-up to an anchor point.

4.2.5 Use of Inertia Reels

Inertia reel systems can be used to prevent falls where workers are required to carry out their work near an unprotected edge.

Inertial reels may be connected to a static line with a snap hook fitted with a locking device.

Inertia reels are not designed:

- For continuous support
- To be used as working supports by locking the system

4.2.6 Use of Vertical Lifelines

The minimum requirements for using a vertical line include:

- Only one person must be attached to any one lifeline
- Vertical lifelines must have a minimum tensile strength of 22.2 KN
- Self-retracting lifelines must have a minimum tensile strength of 13.3 KN

4.2.7 Use of Individual Lanyards

The minimum requirements for Individual Lanyards include:

- Must be designed so that a person cannot fall more than 1.8 metres
- Lanyards must have a minimum of tensile strength of 22.2 KN
- Snap hooks must not be connected to each other
- Lanyards must not be used in conjunction with inertia reels
- Lanyards must be used with energy absorbers rated at 6 Kn

4.2.8 Use of Static Lines

The minimum requirements for static lines include:

- The static lines must be installed by a person with a high-risk license of a Basic Rigger or higher
- The point of attachment to the safety line system must be reachable by the user standing on the floor
- Lines between supports must be free of obstructions to allow uninterrupted movement for persons who may be attached to the line
- Static lines must have a minimum tensile strength of 22 KN
- Anchorages must have a design capacity of 22 KN, except where verification of a lesser design load provides for a minimum factor of safety of six.

4.2.9 Anchor Point Requirements

The minimum requirements for anchor points include:

- Anchor points must be installed and certified by an engineer
- Anchor points must be located as high as equipment allows
- Chemical or friction type anchorages must be proof tested
- All anchorages must be visually checked by a person trained in working at height prior to use

4.2.10 Equipment Inspection & Testing

Equipment must be inspected or tested by a competent person, according to these timeframes:

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Before Use	6 Monthly	Annual
<ul style="list-style-type: none"> • Anchors • Harnesses • Lanyards • Ropes • Slings 	<ul style="list-style-type: none"> • Harnesses • Lanyards • Ropes • Slings 	<ul style="list-style-type: none"> • Anchors

If a piece of equipment is damaged, the equipment must be removed from use and repaired or disposed of.

4.3 Controlling Falling Objects

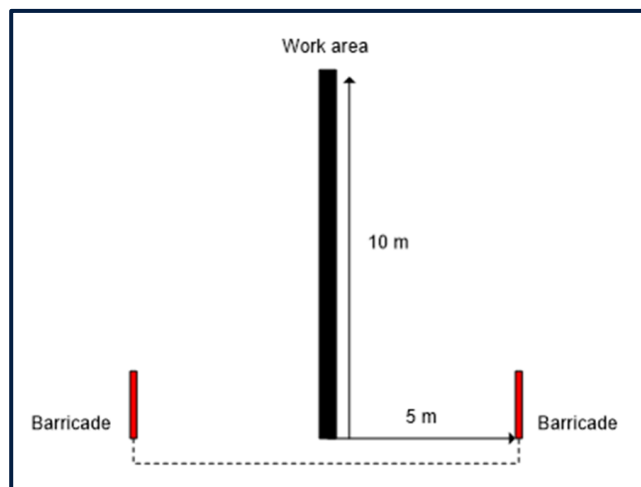
4.3.1 Establish Drop Zone

A drop zone must be established around the work area where there is a risk of equipment, materials or tools falling on people below.

Barricades must be placed at an appropriate distance, considering the potential:

- Fall path of the object
- For the object to strike a structure and bounce

The general recommendation is to have barricade placed at a distance half the height of the work area e.g. if the work area is 10 metres high then the drop zone will be placed 5 metres from the work area.



4.3.2 Secure Tools & Objects

A system must be in place to secure tools and objects falling from height.

Potential controls include:

- Use of toe boards
- Catch platforms
- Solid barriers and guards
- Scaffolding fitted with perimeter mesh
- Hand tools attached to a lanyard
- Use of a tool belt

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4.4 Using Ladders

Ladders must only be used as a means of access from one height to another. Working on a ladder must only be conducted if using a platform ladder.

4.4.1 Prior to Using a Ladder

Prior to using a ladder, it must be:

- Placed on firm and level ground
- Fit for the task
- Inspected for damage
- Secured

4.4.2 Travelling on a Ladder

When travelling on a ladder, you must:

- Maintain 3 points of contact
- Face the ladder
- Only allow one (1) person on the ladder at any time, unless it's a rescue situation
- Have the ladder secured

4.4.3 Minimum Ladder Requirements

Ladders must meet these minimum requirements:

- Have (and be marked with) a rating of at least 120kg
- Be rated for industrial use
- Fitted with non-slip feet

4.5 Emergency Response Requirements

4.5.1 Develop ER Plan

Emergency response plans must be developed based on the risks associated with the work activity.

The potential emergencies related to working at heights, include:

- Falling from height
- Suspension trauma
- Being struck by falling objects.

4.5.2 Implement ER Plan

Emergency response plans must be implemented on-site.

This includes:

- Communicating procedures to the relevant site personnel
- Confirming or arranging specific emergency response training
- Arranging relevant emergency equipment.

The emergency procedures must be checked they are working effectively. This includes:

- Undertaking drills or scenario testing
- Conducting regular inspections