



Work at Heights
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Work at Heights Standard

1. Introduction

1.1 Purpose

The purpose of this standard is to provide guidance on how to:

- Manage the risks associated with working at heights. This is supported by the Work at Height Bow Tie Risk Assessment.
- Implement the Work at Height Core Mandatory Requirement (CMR). This is supported by CMR FRM 006a Working at Heights Critical Controls.

1.2 Scope

In Scope - All MPC Kinetic controlled work sites.

Out of Scope – Works outside of MPC Kinetic control.

1.3 Authorised User

All Field Employees and Contractors who have been inducted to an MPK operational work site.

2. Critical Control Implementation

2.1 Actions required prior to working at heights above 1.8 metres

2.1.1 Develop Safe Work Method Statement

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.

2.1.2 Apply hierarchy of control

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).

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- 2.1.3 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
 4. Work positioning system e.g. fall restraint system
 5. Fall arrest systems.

- 2.1.4 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 WHS PRO 056 Permit to Work Procedure / BU equivalent or any client requirements.
- The Permit must be in writing and recorded on WHS FRM 019 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.

2.2 Fall restraint and fall arrest system requirements

- 2.2.1 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:
- The slope of the surface
 - The structural strength of the supporting roof material e.g. fragile or solid.
 - The 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.

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2.2.2 Set-up fall restraint systems	<p>Fall restraint system set-up must:</p> <ul style="list-style-type: none"> • Include a fixed lanyard and full body harness attached to a certified anchor point • Have all anchor points installed and certified by an engineer.
2.2.3 Work at Heights Training Requirements	<p>All workers using fall restraint or fall arrest systems must be trained to the competencies within RIIWHS204 - Work safely at heights [3 year expiry].</p> <p>All persons requiring to perform height rescue must be trained in PUASAR032, PUASAR022, UAEME001, PUA FIR215 Rescue at Heights [if applicable].</p>
2.2.4 Use fall arrest system	<p>A fall-arrest system must be used instead of a fall restraint system if:</p> <ul style="list-style-type: none"> • 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. <p>A fall-arrest system must consist of:</p> <ul style="list-style-type: none"> • Shock-absorbing lanyard or inertia reel • Full body harness • Attachment to a certified anchor point. <p>When using a fall arrest system, the user must always maintain 100% hook-up to an anchor point.</p>
2.2.5 Use of Inertia reels	<p>Inertia reel systems can be used to prevent falls where workers are required to carry out their work near an unprotected edge.</p> <p>Inertia reels may be connected to a static line with a snap hook fitted with a locking device.</p> <p>Inertia reels are not designed:</p> <ul style="list-style-type: none"> • For continuous support • To be used as working supports by locking the system.
2.2.6 Minimum requirements for Vertical lifelines	<p>The minimum requirements for using a vertical line include:</p> <ul style="list-style-type: none"> • 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.

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2.2.7 Minimum requirements for 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.

2.2.8 Minimum requirements for Static lines

The minimum requirements for static lines include:

- The static lines must be installed by a person with a high risk licence 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.

2.2.9 Minimum requirements for Anchor Points

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.

2.2.10 Equipment Inspection and Test Requirements

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

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.

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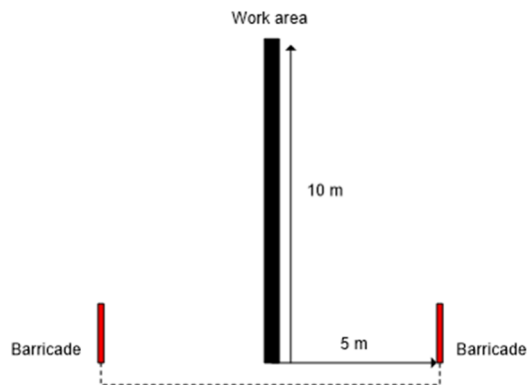
2.3 Controlling Falling Objects

- 2.3.1 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.



- 2.3.2 Secure Tools and 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.

2.4 Using Ladders

- 2.4.1 Use of 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.

- 2.4.2 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.

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- 2.4.3 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.
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- 2.4.4 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.
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2.5 Emergency Response Requirements

- 2.5.1 Develop procedures** Emergency response procedures 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.
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- 2.5.2 Implement procedures** Emergency response procedures 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.
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