# Working at heights

MinEx
Health and Safety in NZ extractives

Investigations into falls while working at height in New Zealand workplaces show that more than 50% of falls are from less than 3 metres, and approximately 70% of falls are from ladders and roofs.

**Follow these four simple steps to reduce the risk of injury.**

## Identify

Identify all activities requiring work at height (over one metre from the ground)

## Assess

Assess the adequacy of access and work areas in relation to the risk of falling

## Control

Use controls listed below to reduce the risk to of injury to workers from fall events

## Monitor

Review agreed Safe Work Procedures and action plans

## Factors that contribute to injuries sustained from working at heights include

Lack of or inadequate planning and hazard assessment

Inadequate supervision

Insufficient training for the task being carried out

Incorrect protection or equipment choices

Incorrect use or set-up of equipment including personal protective equipment

Unwillingness to change the way a task is carried out when a safer alternative is identified

## Some tasks that you may need to review

Greasing plant at heights e.g. head drums, drive motors

Screen changes, particularly the top deck

Repairs to roofing, catwalks at height

Tasks requiring workers to climb up onto motors or cabin roofs of mobile equipment.

**Too many falls from height are caused by a failure to plan and organise work properly. MinEx safety statistics show 20% of all incidents are a result of falls, of which half are a result of a person falling.**

## Controls include:

- **Avoid working at height if you can**
- **Ensure workers have suitable access for maintenance activities at height**
- **Edge protection, barriers, scaffolding and other safety devices are used**
- **Use Elevated Work Platforms, properly secured ladders, man cages etc.**
- **Fall restraint systems are available and used at all times.**

For more information see Best practice guidelines for working at height on the MinEx website.