

Date:	Site/Project:
Presented By:	Duration:

WHY THIS MATTERS

Falls from height remain the leading cause of death in UK construction. Even a fall from a short height can cause life-changing injuries. The Work at Height Regulations 2005 require employers to take all reasonable steps to prevent falls.

KEY POINTS

- Avoid working at height wherever possible — can the work be done from ground level?
- Always use the right access equipment for the task — ladders are not always appropriate
- Check that scaffolding is tagged, inspected and has guardrails, toe boards and a safe access point
- Ensure mobile towers are erected by trained operatives and on firm, level ground
- Never stand on the top two rungs of a ladder — maintain three points of contact
- Keep work platforms clear of trip hazards, tools, and debris
- Use harnesses and lanyards where edge protection is not possible
- Report any damage to guardrails, platforms, or access equipment immediately

Discussion Questions:

1. What height-related tasks are we doing on site this week?
2. Have you checked that your access equipment is suitable and inspected?
3. What would you do if you noticed a guardrail missing from a scaffold?

#	Name	Company	Signature	Date

Duration: 10-15 minutes | Record attendance on Toolbox Talk Register