



# Working at Heights

- All site personnel will treat equipment as though their lives depend on it.
- Ensure inspections and maintenance are documented.
- Always wear a full body harness for fall restraint and arrest.
- Always wear a Safety Helmet and ensure it is secured using a chin strap.
- Prevention of falls and dropped objects shall always be the main consideration when working at heights.
- When working from a ladder three points of contact shall be maintained at all times.

