



Avondale Drive

**Avondale Drive  
UB3 3PW**

**Construction Phase H&S Plan  
Appendix 6 Work at Height Plan**

Name: CPHSP Project Name  
File: 16 Health & Safety / 01 CPHSP

### Work at Height Plan

Where there is doubt about the most suitable type of access equipment, the HSE WAIT Toolkit should be used.

<http://www.hse.gov.uk/work-at-height/wait/wait-tool.htm>

### Project Fall Prevention Strategy

The main safety goal of this project is to achieve an injury and incident free place of work. This Work at Height Plan will help to deliver that goal by safely managing all aspects of working at height.

The purpose of this plan is to identify the activities on this project involving working at height and select the appropriate methods and equipment to undertake the work safely using the hierarchy of control.

### Fragile Roof Surfaces

Consideration must be given to the location of any potential fragile roof surfaces including roof lights. More often than not these will have to be protected using collective fall prevention methods, subject to their condition and location.

### Working at Height Hierarchy of Control

You only move up the hierarchy when you decide that the control is not practicable.

- Avoid the need to work at height, for example by using extending equipment from the ground
- Prevent falls using appropriate access equipment such as work platforms or rope access
- Reduce the distance and consequences of a fall should one occur

You should choose collective measures to prevent falls (such as scaffolds, MEWPs, towers) before other measures that may only mitigate the distance and consequences of a fall (such as fall protection systems – nets etc.) or which may only provide personal protection from a fall.

All work at height on this project will comply with the Work at Height Regulations 2005 and Higgins procedures. Further detail is contained within this document.

### Coordination and Communication

Safety briefings take place regularly with all Site Safety Supervisors to discuss coordination of trades and workplaces. Any Work at Height operations that are planned will be discussed along with the control measures required. Any exclusion zones to protect from falling objects will be discussed and briefed to operatives by their Supervisors.

Work at Height operations requiring exclusion zones or permit to enter systems will be identified with clear and precise signage to make workers and visitors aware of the risks. The Hazard Board will also be updated with the high risk operations that are occurring on site and the relevant control measures.

### Review and monitoring arrangements

A review will be conducted during Contract Review Meetings and in discussion with the Site Safety Supervisors at the regular site safety consultation meetings. Contractors will be monitored for compliance with the agreed access and fall prevention measures described in this plan.

### Higgins Procedures

Site specific activities:

#### 1. Scaffolding

- a) This will be installed to an agreed design or industry standard guidelines (TG20-21) and will be subject to temp works approval for installation and any amendment.
- b) Only NASC approved contractors will be allowed to install or amend any scaffold on site, and only CISRS accredited scaffolders will be allowed to erect scaffold or amend it.
- c) If any amendments are required then you should contact the site management to agree and implement the works using Higgins procedures.

#### 2. Works off MEWPS

- a) Any works off MEWPS will be subject to a specific site based RAMS and approved by site staff/safety manager and the lifting co-ordinator prior to being undertaken.
- b) As part of any RAMS being submitted locations of work will be agreed and discussed and signed off by the temp works co-ordinator to ensure that the floor loadings will not be exceeded during use of the MEWP.
- c) Any MEWP operators will need to CPCS trained as a minimum standard and will be required to attend the daily lifting co-ordination meetings to ensure safe co-ordination is maintained on site. A specific rescue plan will be included as part of any RAMS.
- d) Barriers will need to be provided to all working areas which are under the control of the MEWP operator, with adequate signage in place to ensure that all are aware that works are being carried out at a high level.
- e) Site based assessment will be undertaken to ensure the provision of sky alarms where appropriate to avoid crushing injuries.
- f) The site team are to ensure that there is a rescue procedure available on site and that the operators/other operative know how the procedure works this will be demonstrated on site.
- g) All machines will be regularly maintained and subjected to both daily and weekly checks to ensure that they stay in a suitable condition for use.
- h) A risk assessment will be available to show the requirement for anti-entrapment device requirements.

## Construction Phase Health & Safety Plan

### 3. Working off low level scaffold towers/NMAE (Non Mechanical Access Equipment)

a) Trades using this form of equipment will have specific site based RAMS and this will fully detail all requirements for the safe and appropriate use of access equipment, it is currently envisaged that the following trades will likely to use low level access equipment on this site –

- i. M&E
- ii. Steel fixers
- iii. Ceiling fixers
- iv. Plasterers
- v. Painters

b) All mobile scaffold towers will only be erected/dismantled by competent PASMA trained operatives.

c) All NMAE will be inspected daily before first use and weekly and results recorded in the weekly inspections section of ACMetrix.

d) Further inspection will be required if the locations of the scaffold is amended or after any high winds or impact.

e) All NMAE equipment must display a NMAE tag which shows the last date the piece of equipment was inspected, mobile towers, ladders, podiums, hop ups and scaffolders step-ups.

### Mast Climbers

A full works package will be formulated with our supply chain to establish a strategy with regards to the external façade, this will be available to view once completed, all records and RAMS will be available within the package including any temporary works fixings etc.