

## **RECOMMENDATIONS/ PRECAUTIONS TO BE TAKEN**

### **WHILE WORKING AT HEIGHT**

1. In no case, person should be allowed to go beyond hand railing of working platform while working at height.
2. Scaffolding should be erected by trained scaffolders duly validated by concerned supervisor.
3. All scaffolding shall be inspected by competent/ trained scaffolding inspector and green tagged. No work shall be permitted on a red tagged scaffolding.
4. Proper working platform should be made available with top railing, mid railing and toe guard while working at height.
5. There should not be any gap/opening on a working platform.
6. Floor openings shall be either temporarily closed or barricaded.
7. Grating removal permit should be strictly implemented and should be validated by HSE staff/ Construction manager.
8. Proper access to work platform at heights with personal fall arrest system (PFAS) like fall arrester shall be ensured.
9. 100% tie off of full body harness (FBH) and use of safety helmet with chin strap should be ensured while working at height.
10. Effective anchorage point / Life line for anchoring FBH should be provided.
11. Safety nets shall preferably be provided to arrest the fall.
12. STA should be conducted effectively covering all hazards and precautionary measures.
13. Periodic housekeeping on elevated areas to be carried out to prevent fall of loose materials.
14. 100% supervision shall be ensured for critical works at height.
15. Only trained workmen be engaged to work at height.

H.S.E. HEAD  
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