



HAZARD

# Working at Heights

When you have to work at heights, the most important risk is falling. A worker who falls could be seriously injured or die.

## SAFE WORK GUIDELINES

### ► Raising a Worker

#### Details

In-house maintenance often involves raising an employee with a forklift.

#### Threat

Serious injury from falls, death

- Make sure that no worker is raised with a forklift without a proper cage, including:
  - guides to support the forks
  - a 6-inch kick plate around the edge of the base
  - mesh between the worker and the forklift mast
  - chains to attach the cage to the forklift load back rest
  - a lanyard and harness to attach the employee to the cage
  - a door that swings inwards (if the cage has a door)
- If you are the operator:
  - **do not** move the forklift across the floor when anyone is in the cage
  - stay with the raised person at all times

### ► Driving a Scissor Lift

#### Details

Scissor lifts are occasionally used to work at heights. Workplaces that do not use scissor lifts often may rent them as needed (e.g., to complete inventory counts, for maintenance or to hang promotional materials).

#### Threat

Serious injury from falls, death

- Follow the manufacturer's or rental company's recommended operating procedures
- If you are an inexperienced operator, make sure that you receive proper instruction from a qualified operator
- Travel only when the lift is in reclined lower mode
- If you are in the scissor lift, wear a fall arrest system
- Operate a scissor lift only on solid, even surfaces
- **Do not** operate a scissor lift outdoors when there are high winds