



Life Saving Rules
Safety Theme

March & April

WORKING AT HEIGHT

Life-Saving Rules Working at Height



Enabling proactive actions to ensure workplace safety

Life-Saving Rules – Work at Height

PONTICELLI
UNITED KINGDOM

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WORKING AT HEIGHT

LIFE-SAVING RULE

Protect yourself against a fall when working at height

My commitment to **Safety**:

- ☒ I inspect my fall protection equipment before use
- ☒ I secure tools and work materials to prevent dropped objects
- ☒ I tie-off 100% to approved anchor points while outside a protected area
- ☒ I prevent all risks of falls from height
- ☒ I always wear my safety hat and chin strap

Work at Height -LSR

Protecting ourselves against falls

Our Suite of Rules

Our 9 Life-Saving Rules combine to form guidance for a suite of high-risk activities

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LIFE-SAVING RULES

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These Life-Saving Rules identify critical tasks and areas of risk, provide essential actions and behaviours that can protect our team and prevent fatalities.

These rules are standardised across the industry, empowering us all to act with safety as our top priority. By embracing these principles, we contribute to a safer workplace for ourselves and our colleagues every day.



DRIVING

Follow safe driving rules

- I always wear a seatbelt
- I do not exceed the speed limit, and reduce my speed for road conditions
- I do not use phones or operate devices while driving
- I am fit, rested and fully alert while driving
- I follow journey management requirements
- I ensure awareness of pedestrian walkways and pedestrian segregation



WORK AUTHORISATION

Work with a valid permit when required

- I have confirmed if a permit is required
- I am authorised to perform the work
- I understand the permit
- I have confirmed that hazards are controlled and it is safe to start
- I stop and reassess if conditions change
- I work exclusively within my competence and for which I have authorisation



LINE OF FIRE

Keep yourself and others out of the line of fire

- I position myself to avoid:
 - moving objects
 - vehicles
 - pressure releases
 - dropped objects
- I establish and obey barriers and exclusion zones
- I take action to secure loose objects and report potential dropped objects
- I never stand between a potentially moving part and fixed object



ENERGY ISOLATION

Verify isolations and zero energy before work begins

- I have identified all energy sources
- I confirm that hazardous energy sources have been isolated, locked, and tagged
- I have checked there is zero energy and tested for residual or stored energy
- I enquire about the nature of products likely to be present
- At the opening or closing of circuits I wear appropriate PPE and Arcflash protection



SAFE MECHANICAL LIFTING

Plan lifting operations and control the area

- I confirm that the equipment and load have been inspected and are fit for purpose
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load
- I never approach a load above waist height or guide a load by hand where there is risk of injury



CONFINED SPACE

Obtain authorisation before entering a confined space

- I confirm energy sources are isolated
- I confirm the atmosphere has been tested and is monitored
- I check and use my breathing apparatus when required
- I confirm there is an attendant standing by
- I confirm a rescue plan is in place
- I obtain authorisation to enter



HOT WORK

Control flammable and ignition sources

- I identify and control ignition sources
- Before starting any hot work:
 - I confirm flammable material has been removed or isolated
 - I obtain authorisation
- Before starting hot work in a hazardous area I confirm:
 - a gas test has been completed
 - gas will be monitored continually
- I know what to do in the event of a fire and who to inform



BYPASSING SAFETY CONTROLS

Obtain authorisation before overriding or disabling safety controls

- I understand and use safety critical equipment and procedures which apply to my task
- I ensure emergency resources are planned and available
- I obtain authorisation before:
 - disabling or overriding safety equipment
 - deviating from procedures
 - crossing a barrier



WORKING AT HEIGHT

Protect yourself against a fall when working at height

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- I tie off 100% to approved anchor points while outside a protected area
- I prevent all risks of falls from height
- I always wear my safety hat and chin strap

These rules are standardised across the industry, empowering us all to act with safety as our top priority. By embracing each principle, we contribute to a safer workplace for ourselves and our colleagues every day.

Understanding Work at Height

Definition of Work at Height:

Work at height includes any task where a fall could cause injury, including ladders, scaffolding, and rooftops. This includes potential to fall below ground level

Importance of Clarity

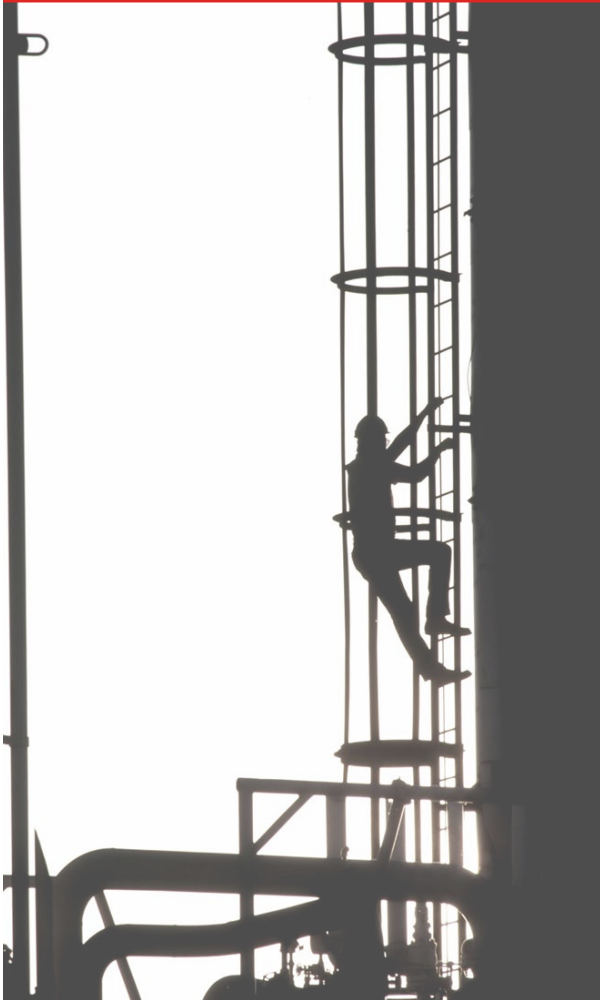
Clear understanding prevents gaps in planning and control, promoting safer decisions and consistent rule application.

Encouraging Dialogue

Teams are encouraged to identify work at height examples in their areas to raise awareness and relevance.

Stopping Work When Unsure

Personnel should use your Stop Work Authority if unsure about safety or if conditions change unexpectedly to prevent accidents.



Did You Know? The Impact of Falls



Health and Safety Executive :

Working at height remains one of the biggest causes of fatalities and major injuries. Common cases include falls from ladders and through fragile surfaces. 'Work at height' means work in any place where, if there were no precautions in place, a person could fall a distance liable to cause personal injury.

Risks of Low Height Falls

Serious injuries can happen from surprisingly low heights, making complacency a critical risk factor.

Routine Task Dangers

Familiarity with tasks or time pressures often lead to shortcuts and reduced vigilance, increasing fall risks in routine work.

Planning and Protection

Proper planning and protective measures are essential to ensure every task at height is executed safely.



Why The Life-Saving Rules Exist



Legal and Regulatory Reasons

Strict regulations require avoiding work at height or minimising risks to protect workers from severe consequences.

Moral Duty to Protect

There is a moral obligation to safeguard colleagues, contractors, and visitors from harm during work at height.

Fundamental Safety Safeguards

Life Saving Rules are essential measures designed to prevent fatalities and serious injuries, not optional guidelines.

Promoting Safety Culture

Emphasising prevention, planning, and intervention fosters a responsible and safety-conscious work environment.



Assessing & Controlling the Risks



First assess the risks, considering the:

- Height of the task
- Duration and frequency
- Condition of the surface being worked on

Before working at height follow these simple steps:

- **Avoid** work at height where it's reasonably practicable to do so
- Where work at height cannot be easily avoided, **prevent** falls using either an existing place of work that is already safe or the right type of equipment
- **Where the risk cannot be eliminated, minimise** the distance and consequences of a fall by using the right type of equipment

For each step, consider measures that protect everyone at risk (collective protection) before measures that only protect the individual (personal protection).



Collective & Personal Protection



Collective protection

Collective protection is equipment that does not require the person working at height to act for it to be effective.

Examples are:

- Permanent or temporary guardrails
- Scissor lifts
- Tower scaffolds

Personal protection

Personal protection is equipment that requires the individual to act for it to be effective. An example is putting on a safety harness correctly and connecting it, with an energy-absorbing lanyard, to a suitable anchor point.



Do's & Don'ts When Working at Height



When Working at Height You Should:

- Do as much work as possible from the ground
- Ensure workers can get safely to and from where they work at height
- Ensure equipment is suitable, stable and strong enough for the job, maintained and checked regularly
- Take precautions when working on or near fragile surfaces
- Provide protection from falling objects
- Consider emergency evacuation and rescue procedures

To Prevent Accidents and Injuries Do Not:

- Overload ladders – consider the equipment or materials workers are carrying before working at height. Check the pictogram or label on the ladder for information
- Overreach on ladders or stepladders
- Rest a ladder against weak upper surfaces, for example glazing or plastic gutters
- Use ladders or stepladders for strenuous or heavy tasks, only use them for light work of short duration (a maximum of 30 minutes at a time)
- Let anyone who is not competent (who doesn't have the skills, knowledge and experience to do the job) work at height

Case Study



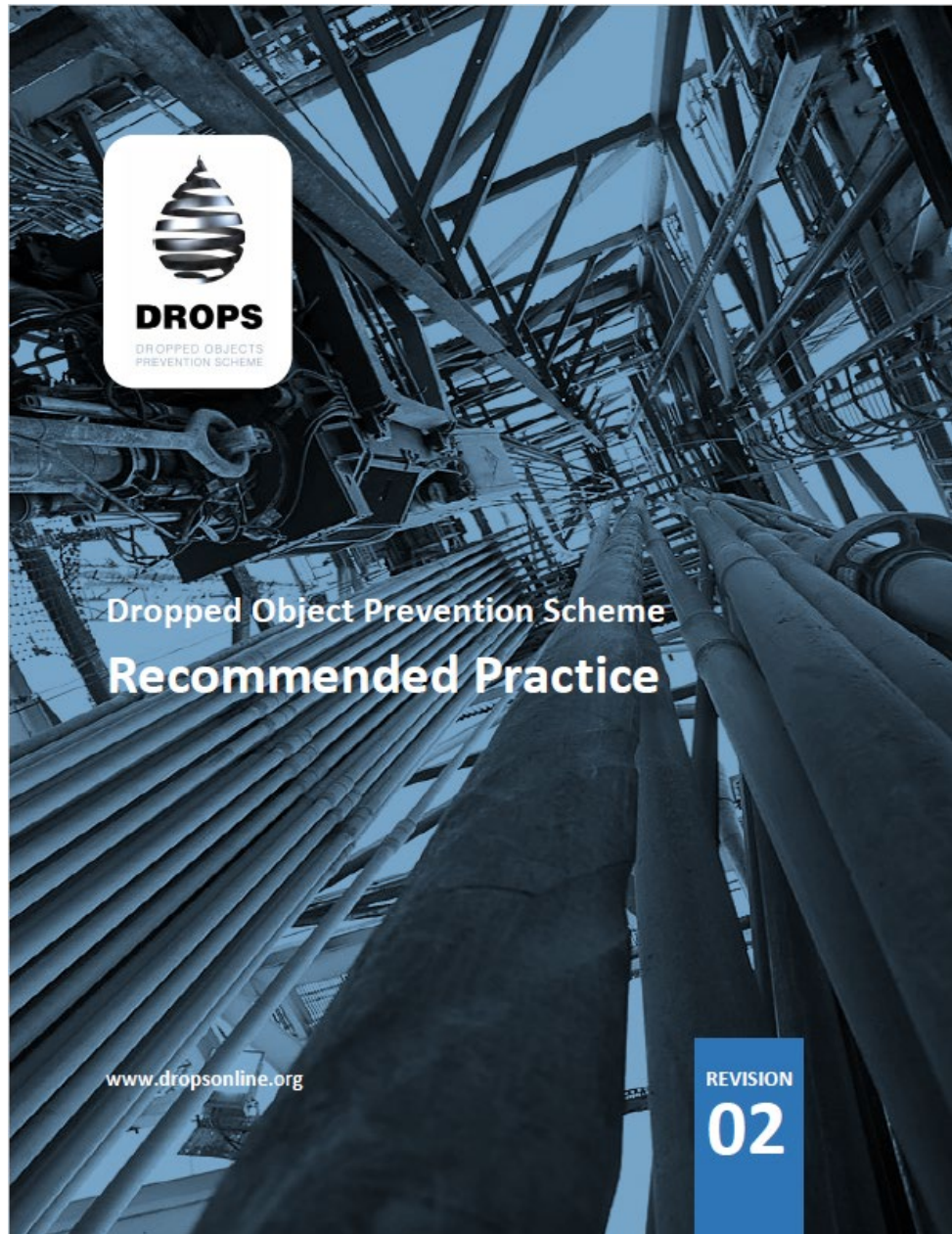
October 2023

São Paulo, Brazil

A scaffolding structure collapsed at a high-rise construction site in São Paulo, Brazil, leaving several workers dangling 140 meters (roughly 460–500 feet) in the air, saved only by their safety harnesses.



Dropped Object Prevention



Industry Guidance from DropsOnline.Org: [Recommended Practice Rev 02 › DROPSOnline](#)

Revised March 2020: Sets out the basic requirements and minimum recommended practices for Dropped Object Prevention that can be incorporated into existing Company Safety Management Systems. This latest revision widens the scope of DROPS across operations and activities; including Maintenance and Equipment Selection, and incorporates feedback to deliver clear and concise minimum requirements.

