

Falls from height is a leading cause of fatalities in the workplace, 24% of UK workplace fatalities in 2024-2025)

- Fall prevention (i.e., guarding, rails and toe-boards) is the considered the primary method of preventing falls from height: however
- In the absence of fall protection, workers will wear personal fall protection equipment comprising of full-body harness and a suitable lanyard, for example:
 - Be designed to be secured from above; and
 - Prevent a maximum fall distance of more than 1.8 metres

LIFE SAVING RULE

To avoid a fall from height YOU MUST:

- Inspect fall protection equipment before use
- Wear and use fall protection equipment correctly
- Tie off 100% to approved anchor points when on a surface that does not have fall prevention measures installed; and
- Secure tools and work materials to prevent dropped objects

