

5-minute talk for **Working at height**

Use this 5-minute talk in team discussions, like start of shift, morning, or pre-tower meetings, to help bring the Life Saving Rules to life. First, review the rule briefly with the team, then use the prompts to engage the group and start a discussion, or share a personal example of how you've experienced the rule.

Working at Height



Protect yourself against a fall when working at height

- 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



Case Study

A derrick person was working on the derrick board of a rig. After taking a break, the individual climbed back up to the derrick board and did not attach his fall protection device after unhooking from the climb assist. The worker grabbed the first stand of pipe with the tail rope which helped keep his balance as the elevators were being sent up to attach to the pipe. When he released the tail rope, he lost his balance and fell 90 ft. to the rig floor, where he was fatally injured.

Discussion prompts

What is stopping a similar incident (working at height) from happening at our site?

Facilitator background notes

- Working at height outside a protected area (such as an elevated work area not enclosed by handrails) requires the use of approved fall protection equipment secured to an approved anchor point.
- Other considerations for working at height include ladders, work over water, rope access, floor openings, access hatches, and inspection pits.
- Floor openings should be protected with physical barriers to prevent falls. A protected area is fixed, stable and with edge protection designed to prevent a fall, examples include approved scaffolds, fixed platforms, guarded mezzanine floors, elevated work platforms with fixed guardrails.
- Preventing objects from falling from height and using physical barriers below working area keeps you and people working below you safe.