

TITLE	Start Work Check – Working at Height		
Document Type	Department	Control No.	Revision
FRM	HSSE	HAS-GUI-011-FRM-011	1.0

WHEN TO COMPLETE – Before the start of any WORKING AT HEIGHT activities			
Confirm each control / safeguard below before starting works	Guidance for confirming each control/safeguard	Person(s) Performing Work	Start Work Verifier
I HAVE CONFIRMED			
(1) The hazards identified, controlled and it is safe to start	- Complete a task risk assessment specific to the scope of work - Discuss hazards with the work team prior to the start of work - Check for simultaneous operations that may introduce additional hazards		
(2) My fall protection equipment is: - Certified - Inspected - Rated - Fit for the task	- Fall protection equipment includes fall arrest and/or fall restraint systems - Full body harness is load rated to support the weight of the worker - Check every strap, buckle, fitting and/or grommet for signs of wear on fall protection harness - Fall arrest system contains a self-retracting lifeline or shock absorbing lanyard - Fall restraint contains a fixed lifeline configured to prevent the worker from reaching the edge and falling - Fall arrest is shorter than the potential fall distance Note: Stop and notify supervisor if the fall protection equipment has excessive wear/damage/mechanical malfunction or is not fit for the task		
(3) The fall protection harness is adjusted to fit	- Only full body harnesses are used - Harness straps are not twisted - Harness body straps are adjusted for close body fit (i.e. no slack) Note: Use of body belts is not allowed		
(4) The approved anchor point(s) are in place for 100% tie off	100% tie off can occur outside of protected areas (such as an elevated work area not enclosed by handrails) - The anchor point meets regulatory/company requirements		

TITLE	Start Work Check – Working at Height		
Document Type	Department	Control No.	Revision
FRM	HSSE	HAS-GUI-011-FRM-011	1.0

	- The position(s) of anchor points allow for 100% tie off - The number of anchor points available allow for 100% tie off - Pull on the connecting device to test if attachment is secure Note: Confirm anyone working at height is 100% tied off at all times (e.g. at least one hook must be anchored at all times)		
(5) If a fall occurs, the fall path is clear	- Fall protection is fit for purpose to protect the worker if they fall - Fall arrest distance is shorter than fall distance to first obstruction - If the worker is likely to swing, check that the path is free of obstacles - Mobile obstructions have been removed from fall path		
(6) The tools/materials being used at height are secured	- Tools used at heights have securing wire/lanyards/tethers - Materials used at height are secured in storage boxes, pouches, bags etc. - Cover openings to lower levels (e.g. grating, gaps etc.) or use debris nets Note: Follow the site/company dropped object prevention program (e.g. work at height tool register)		
(7) Barriers and drop/exclusion zones are in place	- Identify drop/exclusion zones - Control access to drop/exclusive zones during work at height (e.g. attendant or physical barriers)		
(8) The rescue plan is in place and is ready to be used	- The crew has discussed the rescue plan including: - How to start the rescue response - Location of rescue equipment and responders - The rescue crew: - Is available - Is aware of specific hazards related to this task - Can execute the rescue plan		

TITLE	Start Work Check – Working at Height		
Document Type	Department	Control No.	Revision
FRM	HSSE	HAS-GUI-011-FRM-011	1.0

Confirm these controls/safeguards are in place and verified prior to starting work.

Stop and seek help if anything changes.

	Printed Name & Role	Signature	Date
Person(s) Performing Work			
Start Work Verifier			

Working at Height

