WORKING AT HEIGHT
START WORK CHECK

National Energy N
CORPORATION OF TRINIDAD AND TOBAGO

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 • 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		

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**
Start Work Verifier			

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