

Workplace Health and Safety Queensland

Checklist for construction workplaces 2010

Falls from heights

| Tick this box if a Principal contractor | | <input type="checkbox"/> | | | | |
|---|--|--------------------------|----|-----|----------|----------------------------------|
| Tick this box if an employer/ self-employed person | | <input type="checkbox"/> | | | | |
| 1. Documentation | | Yes | No | N/A | Comments | Act/Reg |
| 1.1 | Construction Safety Plan (CSP) has been prepared and is readily available. | | | | | Reg s263 and 271 |
| 1.2 | CSP adequately addresses relevant risks on site, including how control measures will be monitored and reviewed. | | | | | Reg s263 |
| 1.3 | Work method statement (WMS) has been prepared for the high risk construction activity before starting work and is readily available. | | | | | Reg s260 and 268 s294 and 299 |
| 1.4 | Workers are aware of the contents of the WMS and the control measures to be used. | | | | | |
| 1.5 | WMS addresses relevant risks and the control measures to be used. | | | | | |
| 1.6 | Does the site specific induction include work at heights issues? | | | | | |
| 1.7 | WMS is current and includes monitoring and reviewing controls. | | | | | |
| 2. Roof edge protection | | Yes | No | N/A | Comments | Act/Reg |
| 2.1 | Control measures are in place for workers installing/ altering / removing edge protection. | | | | | Reg s319 |
| 2.2 | Engineering certification and method of connection available. | | | | | |
| 2.3 | Installed in accordance with manufacturer/engineers' instructions. | | | | | |
| 2.4 | Able to withstand forces of person falling against it. | | | | | |
| 2.5 | Top rail fitted to 900 mm high. | | | | | Reg s319 |
| 2.6 | Lower rails and mesh fitted where required. | | | | | Reg s319 |
| 2.7 | Appropriate controls implemented when the slope of the surface is over 26°. | | | | | Reg s319 |

| 3. Scaffold and work platforms | | Yes | No | N/A | Comments | Act/Reg |
|---|---|------------|-----------|------------|-----------------|-------------------------|
| 3.1 | Fall protection control measures in place for persons installing/altering/removing. | | | | | Reg s330, 331 and 332 |
| 3.2 | Erected in accordance with scaffold plan /designers/manufacturers' instructions. | | | | | Scaffolding COP AS 1576 |
| 3.3 | If scaffold is over 4 m appropriate licence is held. | | | | | |
| 3.4 | Appropriate exclusion zone maintained from electrical power lines (Code of Practice for working near exposed live parts). | | | | | |
| 3.5 | Systems are being properly maintained. | | | | | |
| 3.6 | Scaffold plans and handover certificates have been provided. | | | | | |
| 4. Work platforms on trestle ladders | | Yes | No | N/A | Comments | Act/Reg |
| 4.1 | Are trestle ladder systems secured to prevent movement? | | | | | Reg s328 and 329 |
| 4.2 | Is edge protection in place where required? | | | | | |
| 4.3 | Is there a minimum 2 planks wide where required? | | | | | |
| 4.4 | Is the platform higher than 5 m? | | | | | |
| 5. Ladders | | Yes | No | N/A | Comments | Act/Reg |
| 5.1 | Does the ladder have a load rating of at least 120kg? | | | | | Reg s327 |
| 5.2 | Is it marked for industrial use? | | | | | |
| 5.3 | Is being used only for the purpose for which it was designed? | | | | | |
| 5.4 | Is not being used to support a weight greater than that for which it was designed? | | | | | |
| 5.5 | Ladder has been secured appropriately | | | | | Reg s326 |
| 6. Fall arrest platforms | | Yes | No | N/A | Comments | Act/Reg |
| 6.1 | Able to withstand force of a person falling onto it? | | | | | Reg s322 |
| 6.2 | Minimum 675 mm wide (3planks)? | | | | | |
| 6.3 | Within 1 m below edge of roof (less than 26o pitch)? | | | | | |
| 6.4 | Within 300 mm below roof edge (more than 26o)? | | | | | |
| 6.5 | Is edge protection erected around platform and is it at an appropriate height? | | | | | |
| 7. Travel restraint systems | | Yes | No | N/A | Comments | Act/Reg |
| 7.1 | Installed by competent person? | | | | | Reg s321 |
| 7.2 | Anchor points have adequate capacity? | | | | | |
| 7.3 | All persons using the system have been trained in the safe use? | | | | | |
| 7.4 | System is inspected by competent person every six months and written records kept? | | | | | |
| 7.5 | Are all of the system components compatible? | | | | | |

| 8. Fall arrest systems | | Yes | No | N/A | Comments | Act/Reg |
|--|---|------------|-----------|------------|-----------------|------------------|
| 8.1 | Anchor point has adequate capacity and is engineer designed or inspected and approved by competent person before its use? | | | | | Reg s323 |
| 8.2 | Installed, used and maintained according to manufacturers / engineers instructions? | | | | | |
| 8.3 | Is an energy absorber used? | | | | | |
| 8.4 | Is there an adequate free fall distance available and is it clear of any obstructions? | | | | | |
| 8.5 | Everyone using the system has been trained in the safe use? | | | | | |
| 8.6 | Written rescue procedures for retrieval are available? | | | | | |
| 8.7 | Inspected by competent person every six months and written records kept? | | | | | |
| 9. Stair void protection | | Yes | No | N/A | Comments | Act/Reg |
| 9.1 | Edge protection (see requirements for roof edge protection). | | | | | |
| 9.2 | Fall protection cover: <ul style="list-style-type: none"> • can withstand force of a person falling onto it • secured in place to prevent movement? | | | | | Reg s320 |
| 9.3 | Proprietary systems engineer designed <ul style="list-style-type: none"> • installed in accordance with manufacturers' instructions? | | | | | |
| 9.4 | Has the system been signed off and is there a handover certificate? | | | | | |
| 10. Industrial safety net | | Yes | No | N/A | Comments | Act/Reg |
| 10.1 | Has the net been designed by engineer or competent person? | | | | | Reg s324 |
| 10.2 | Is the material designed to minimise injury and absorb energy? | | | | | |
| 10.3 | Installed close below work surface and adequate distance above ground or other objects, in accordance with instructions? | | | | | |
| 10.4 | Where required has the net been installed by a basic rigger / scaffolder? | | | | | |
| 10.5 | Has the net been inspected and maintained in accordance with the manufacturer's requirements? | | | | | |
| 11. Excavation falls protection | | Yes | No | N/A | Comments | Act/Reg |
| 11.1 | Appropriate measures in place to prevent people falling into an excavation? | | | | | Reg s311 and 312 |
| 11.2 | Measures in place to exclude other people from accessing exposed open trenches and excavations? | | | | | Reg s312 |
| 11.3 | Are there controls in place for deep excavations? | | | | | Reg s311 |
| 11.4 | Where required have ladders been provided every 9 m? | | | | | Reg s314 |

| 12. Formwork | | Yes | No | N/A | Comments | Act/Reg |
|--------------|---|-----|----|-----|----------|--------------|
| 12.1 | Has safe access and egress been provided to the working deck? | | | | | COP formwork |
| 12.2 | Have appropriate control measures been implemented for internal falls eg: appropriate spacing for joists? | | | | | COP formwork |
| 12.3 | Have appropriate control measures been implemented for external falls eg: scaffolding for edge protection? | | | | | Reg s319 |
| 12.4 | Have appropriate controls been implemented for leading edge and set back at an appropriate distance? | | | | | COP formwork |
| 12.5 | Have appropriate controls been implemented around lift shafts and stairwell voids? | | | | | COP formwork |
| 12.6 | Have appropriate work platforms been provided for working on wall forms / column shutters / blade walls etc | | | | | COP formwork |

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Workplace Health and Safety Queensland, Department of Justice and Attorney-General

Falls from heights checklist

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