

Annex A – Highlights: Fall Control Measures for Working at Height



Workers working at heights must be protected at all times and they should not be left to use their own discretion to devise how to protect themselves. **This is the responsibility of the employers.** Some of the key measures that employers should adopt while working at heights include:

- a) **Safe means of access and egress** – Employers must provide their workers with a safe means of getting to and from the location of work. Especially when working at inclined structures such as roofs where the risks of falling is exacerbated by the sloping roof. Workers must walk on stable and secured platforms such as crawl boards or gangways rather than directly on the roof sheet or the steel structure (purlins) of the roof. In addition, fragile areas must be identified and made known to the workers (through proper briefing and / or use of appropriate warning labels) so that they can avoid those areas.
- b) **Edge protection** – Edge protection which is able to withstand the impact of a person falling against it, must be provided at the edge where work is performed. The edge protection system should include top-rails, mid-rails or infill mesh panels, and toe-boards. For severe roof slopes, a bottom rail above the toe-board may be provided.
- c) **Individual fall arrest systems** – Workers must be provided with suitable personal protective equipment such as safety harness with lanyard attached to a suitable anchor point or lifeline. Where there are no obvious anchor points such as fixed steel railings, employers must devise alternative means such as installing brackets onto the structure or use extendable bars equipped with an eye-lug (Figure 1). Workers must be trained in the proper usage of such equipment including the need to maintain 100% tie-off. This means that at any one point in time, one of two lanyards of the worker must be secured to the anchor point. This is particularly important when the work involves moving from one location to another.

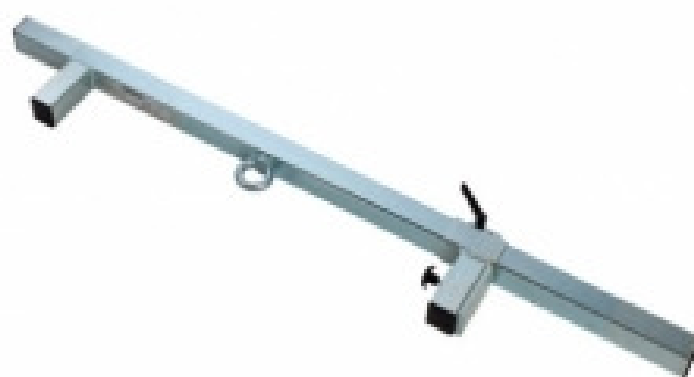


Figure 1: Extendable bar equipped with eye-lug.

- d) **Adopt safe posture while working on ladders** – This would include maintaining three-points of contact with the ladder at all time. It is also important to avoid standing on the highest rung of the ladder as it does not afford a safe and proper foothold for the worker to stand on (Figure 2).

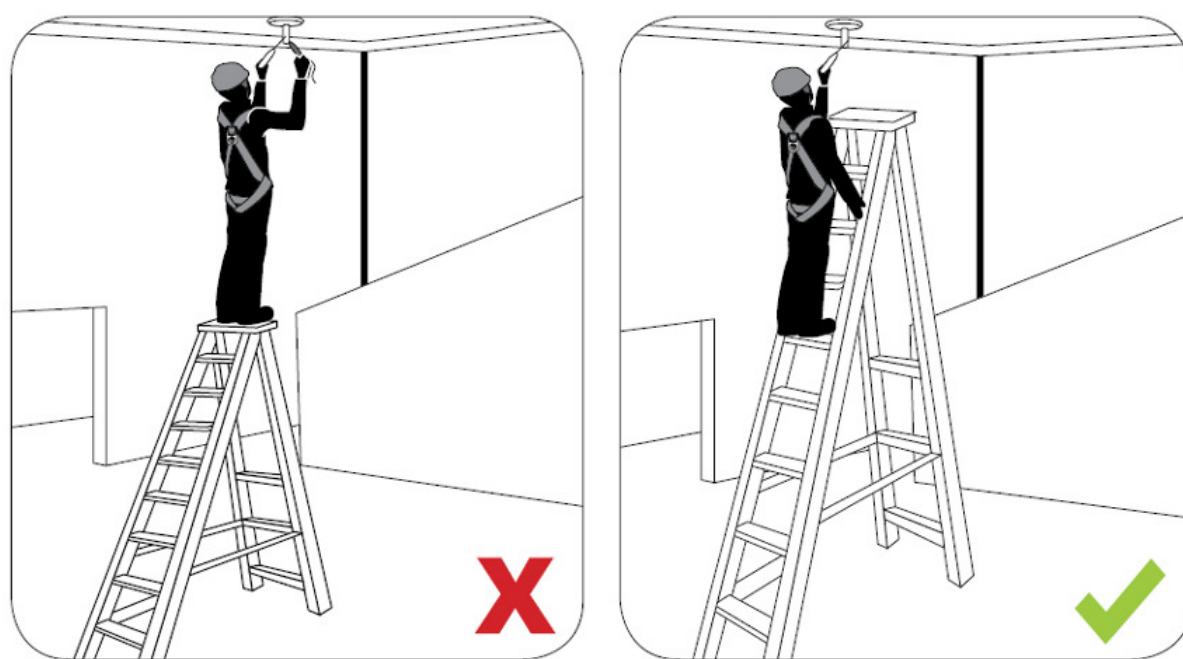


Figure 2: Safe posture while working on ladders

The above highlights only some of the foreseeable risks and associated control measures that can be applied to mitigate risks of working at height. For more practical guidance, employers can refer to the **Approved Code of Practice (ACOP) for Working Safely at Height** available at WSH Council website www.wshc.sg.

ANNEX B – ABOUT THE WAH COURSE FOR SUPERVISORS

The Work at Height (WAH) Course for Supervisor was developed by the WSH Council, in consultation with the National WAH Taskforce, for workers with supervisory responsibilities. The course will equip these workers with capabilities to plan and implement an effective FPP and to ensure work at height activities are safely carried out.

The duration of the course is 2 days, comprising theory and practical components.

WAH Capabilities & Training Elements

At the end of the course, the participant must be able to develop and implement an effective fall prevention plan comprising the following key elements:

- Identify the various Workplace Safety & Health (WSH) legislations / codes of practice / approved codes of practice / Singapore standards applicable to WAH;
- Conduct Risk Assessment and Control Measures and Safe Work Procedures on WAH;
- Identify, use and care for various fall prevention system and equipment;
- Conduct training, incident investigations and emergency preparedness.

How to Apply

Companies can contact any of the following accredited training providers for more information and to apply for the course:

- ASRETEC PTE LTD
10S Enterprise Road, Enterprise 10, Singapore 627676
Tel: (65) 6795 9522
Website: www.asretec.org
- CAPITAL SAFETY GROUP ASIA PTE LTD
16S Enterprise Road, Singapore 627666
Tel: (65) 6558 7758
Website: www.capitalsafety.com
- QMT INDUSTRIAL AND SAFETY PTE LTD
36 Toh Guan Road East, #01-40, Enterprise Hub, Singapore 608580
Tel: (65) 6295 6896
Website: www.qmtsafety.com