Once the access and installation of equipment is correctly established then it is safe to perform work at heights.
It is essential that all work done at heights is conducted safely at all times. Dangerous situations can arise very quickly, sometimes with tragic consequences.

Check access from ground to the work area to make sure it is safe, free of obstructions and meets all safety and work requirements.

When working at heights make sure that the work area is kept clean and tidy. Rubbish should be removed regularly in a safe manner. Do not throw rubbish from the work area to the ground. Keep access ways clear of materials, tools and equipment.
Remain aware of changing weather conditions. Sudden strong gusts of wind may cause workers to lose their balance or cause materials or equipment to be swept over the edge of the work area. Rain may cause the surface of the work area to become slippery.

To avoid injuries use appropriate manual handling techniques when carrying out work tasks. Be careful of hazards such as clothing catching on objects and structures.

Be careful when working on fragile roofing. Always use walkways or planks when moving around and stay in designated work areas.
Emergencies can happen quickly and without warning when work is being done at heights. If all necessary precautions, hazard control measures and safety equipment have been used then the risk of serious consequences is reduced.

If a worker has fallen and is hanging suspended in a safety harness it is vitally important that rescue procedures are implemented as quickly as possible. A worker suspended in a safety harness can fall unconscious in as little as 5 minutes and CAN DIE WITHIN 15 MINUTES. This is called suspension trauma and is due to the restricted flow of blood to vital organs.

Signs of the onset of suspension trauma include:

- Faintness
- Nausea
- Sweating
- Loss of Vision
- Paleness
- Hot Flushes
- Dizziness
- Loss of Breath
The suspended worker should try to keep their blood flowing by keeping their legs moving. NEVER place a person experiencing suspension trauma into a horizontal position immediately after rescue. The sudden release of the build-up of blood in the legs can cause heart failure. Place the victim in an upright position until normal blood flow is resumed before gradually moving them into a horizontal position.

Appropriate procedures will need to be followed when rescuing a person or retrieving objects caught in a safety net.

It may be necessary for a trained person (someone who holds a current first aid certificate) to apply first aid. First aid supplies and emergency contact number should be regularly checked and kept up to date.
In the case of an emergency:

1. Remain calm

2. Raise the alarm with your supervisor and/or first aid officer

3. Get help from emergency services (Dial 000)

4. Evacuate if necessary (refer to site emergency plans)
Reporting An Emergency

When calling emergency services (Dial 000) let the operator know the following details:

1. Where the emergency is
2. What has happened
3. What is being done to solve the emergency
4. Your name

Do not hang up the phone until you have been given instructions on how to proceed.
First Aid kits must be supplied by your employer. The location of these kits should be clearly marked with signage.

In the case of an emergency where somebody requires first aid notify your supervisor or first aid officer and they will take action.
Depending on the nature and severity of the situation you may need to report to:

- Your supervisor
- Emergency services (e.g. police, ambulance, fire brigade and emergency rescue)
- WHS regulatory authority (e.g. WorkSafe, WorkCover)

Ask your WHS representative, supervisor at the site office for the relevant forms and procedures for reporting hazards, incidents and injuries.
Incident report forms are available for recording the details of incidents in the workplace:
Working at heights should not be done in isolation. If a worker were to fall from a roof or structure while alone there would be no one there to implement emergency procedures. The fallen worker may have injuries that prevent them from getting help on their own or they may be left suspended in a safety harness.

When working with others it is important to use effective communication skills including:

- Clear and direct communication
- Listening and questioning to identify and confirm requirements
- Sharing information
- Using language and concepts appropriate to cultural differences
Communication

- Using language and concepts appropriate to cultural differences
- Using and interpreting non-verbal communication (e.g. hand signals)
- Organisational skills, including the ability to plan and set out work
- Teamwork skills to work with others to action tasks and relate to people from a range of cultural and ethnic backgrounds and with varying physical and mental abilities
- Effective use of a range of mobile technology, such as two-way radio and mobile phones
- Voice and hand signals to access and understand site-specific instructions

It is important that you are familiar with all relevant construction terminology relating to the tasks you will need to perform while working at heights. This will help you to understand all job requirements and enable you to communicate confidently with other workers.
You should regularly monitor the work area for changing conditions or new potential hazards. Periodically check all equipment during work to ensure that it remains safe, effective and undamaged.

Monitor the work area and equipment to make sure that:
• Tools, equipment and materials are safely secured and distributed
• Safety equipment remains effective and has not been damaged
• Fall protection equipment should be kept in place and adjusted appropriately to cater for movement during work
• Scaffold components and fall barriers (e.g. safety nets) are kept in place during work
• Existing hazard controls are monitored and implemented in relation to changed work practices or site conditions
• New hazards are identified and appropriate hazard controls are implemented to deal with them