



Toolbox Safety Talks

Working at Height

- 1) What are the hazards involved with working at height?
 - a. Falling from height

- 2) What hazards should you be aware of before working at height?
 - a. Unprotected platforms
 - b. Long, high, or missing steps
 - c. Work that may involve stretching or reaching
 - d. Is fall protection required
 - e. Is there an appropriate tie off point
 - f. Be aware of your surroundings, especially your footing
 - g. Tripping hazards

- 3) What safe practices should be used when working at height
 - a. Before the job begins, make a point of identifying all fall hazards that may be encountered during the job
 - b. Perform daily walkthroughs to identify any new fall hazards
 - c. Eliminate the fall hazard by modifying equipment or changing the task
 - d. If applicable, perform all work from a guarded platform
 - e. Maintain three-point contact when climbing
 - f. When a safety harness is needed, make sure to have an adequate tie-off point
 - g. Don't rush the job
 - h. Inspect your safety harness prior to each use
 - i. Immediately replace guarding, grates, and rails after use
 - j. Set up temporary barricades until the job is completed

- 4) Is there any equipment or areas at our site that do not have guarded platforms? Can we guard them?

- 5) Where do we keep our safety harnesses?

- 6) Can someone demonstrate how to inspect and put on a harness?

- 7) Is there anywhere that we work that could be modified to limit the amount of time we need to spend up there?

- 8) In areas where fall protection is required, are there good places to tie off?



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Date Presented: _____

Presented By: _____

Attendance Sheet



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