

## **Annex B - Fall Control Measures for Working at Height<sup>1</sup>**

Workers working at heights must be protected at all times and they should not 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:

### **Work on Roofs**

**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.

**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.

**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. 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.

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<sup>1</sup> More information on working safely from roofs and ladders can be found in the Approved Code of Practice (ACOP) for Working Safely at Height available at WSH Council website (<https://www.wshc.sg/wps/portal/resources?action=detailedInfoStop&fInfoStopID=IS2010040500157>)

## Work on Ladders

### 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.



**Note:** The above highlights only some of the foreseeable risks and associated control measures that can be applied to mitigate risks of working at height.