



THE LIFE SAVING RULES

# WORK AT HEIGHT

Assess, prevent and protect  
against falls from height



- I confirm scaffolds, personnel lifts, platforms and ladders are inspected, and barriers and guardrails are in place
- I verify an exclusion zone is established
- I inspect my personal fall protection equipment and confirm rescue plan
- I maintain 100% tie off to approved anchor point while outside protective barriers
- I secure tools and materials to prevent dropped objects



**WE START WORK ONLY WHEN IT'S SAFE, AND STOP WHEN IT'S NOT.**