



Government
of South Australia

SafeWork SA



**DON'T
FALL FOR
MISTAKES...**

Work Safely at Heights

Top tips:

Use the hierarchy of controls to effectively manage the risk of falls.

Always try to eliminate the risk first, by working on the ground or solid construction.

Ensure a safe means of access to and exit from the elevated workplace.

If you're unable to eliminate, use (in order of most to least effective):

- A fall prevention system e.g. guardrails, scaffolds
- A work positioning system e.g. twin rope or fall restraint
- A fall arrest system e.g. a catch platform

Supplement these controls with:

- Administrative controls, such as a permit to work or safe work method statements (SWMS)
- Implementing exclusion zones
- Training and supervision
- Wearing PPE, such as hard hats
- Using ladders only as a last resort

For more information,
head to our website or call us:

 1300 365 255

 safework.sa.gov.au