

HEALTH & SAFETY AT WORK
REGULATION, COMPLIANCE & BEST PRACTICE
FACT SHEET



FACT SHEET 3

Work at Height Regulations 2005

The new Work at Height Regulations are primarily concerned about reducing fatalities and major injuries. In 2003/4 falls from height accounted for 67 fatal accidents at work and nearly 4000 major injuries. Falls remain the single biggest cause of workplace deaths and one of the biggest causes of major injury.

The HSE believe the new regulations will provide the cornerstone to improve industry standards for work at height and thereby reduce deaths and injuries.

The new regulations came into force on the 6th April 2005. They consolidate previous legislation relating to work at height and will apply to all work at height where there is a risk of a fall liable to cause injury. They place duties on employers, the self-employed, and any person who controls the work of others to extent they control the work.

Duty holders must ensure:

1. Proper organisation and planning.
2. Those involved are competent on the work at height activity (no matter what this may be).
3. The risks for that activity have been assessed and that appropriate work equipment is selected and used.
4. Equipment is properly inspected and maintained Risks involving fragile surfaces are properly controlled.

Those following good practice for work at height now should already be doing enough to comply with these Regulations. If you follow the risk assessments you have carried out for work at height activities and make sure all work at height is planned, organised and carried out by competent persons. Take the relevant steps to avoid, prevent or reduce risks and choose the right work equipment. Select collective measures to prevent falls before other measures which may only mitigate the distance and consequences of a fall or which may only provide personal protection from a fall.

Manual Handling Operations Regulations Amended 1st May 2004. The revised guidance on the Manual Handling Operations Regulations has been published and is now available from HSEBooks.

The changes include factors that a worker may be at risk if he/she:

- A) is physically unsuited to carry out the task in question
- B) is wearing unsuitable clothing, footwear or other personal effects
- C) does not have adequate or appropriate knowledge or training

The revised guidance also brings it up to date with improvements in the knowledge of the risks from manual handling and how to avoid them. Reference is specifically made to the work of the emergency services and the moving and handling of people. A table is now included to show how effort is increased when pushing up a gradient. There is greater guidance in the conducting and recording of risk assessments.