



# Working at heights

There is a risk of falling when working at heights. The most common accident scenarios connected are falling from ladders, stairs or from the mast. Falling from a height often causes physical injury, while falling from the ship entails hypothermia and the risk of drowning.



## Threats

- Falling from a height
- Falling through an opening
- Falling overboard



## Step 1: Collective measures

### Source measures

- ✓ Outsource work to specialized companies

### Collective measures

- ✓ Ensure good visibility and communication before, during and after work
- ✓ Use fall protection
- ✓ Place a railing
- ✓ Use approved climbing materials
- ✓ Instruct the crew on the use of climbing materials and climbing instructions (supplier)

## Step 2: Individual measures

- ✓ Always check resources before use

## Step 3: Personal protective equipment

- ✓ Use personal fall protection
- ✓ Wear work shoes that are suitable for climbing
- ✓ Wear a safety helmet