UK Work at Height Risk Assessment & Rescue Plan

Aligned with Work at Height Regulations 2005 (Regs 4, 6, 8, 9 & 12), MHSWR 1999 (Reg 3) & HSE INDG401

Working at Heights Course
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1. Site, Task, Height & Competence Details

Company / Principal Contractor & Site Address:	**Specific Location / Roof / Bay / Elevation:**
Task Description & Max Working Height (m):	**Workers Involved & Competency Tickets Verified (WAH / PASMA / IPAF / CISRS):**
Competent Assessor Name & Role:	**Assessment Date:** **Permit Valid Until / Review Date:**

2. WAHR 2005 Regulation 6 Hierarchy of Control Gate

Step 1 : AVOID (Reg 6(2)): Can the work be done safely from ground level (e.g. water-fed poles, ground-level pre-assembly, camera/drone inspection, lowering lighting rigs)? ☐ **Yes** (stop height work & use ground method) ☐ **No** (proceed to Step 2)

Step 2 : PREVENT FALLS (Reg 6(3)): Select collective protection before personal systems: ☐ Existing safe permanent platform/parapet ☐ Fixed scaffold (950 mm top guard-rail, mid-rail, 150 mm toe-board, max 470 mm gap) ☐ Mobile tower (PASMA / 3T or AGR) ☐ MEWP / Scissor / Boom lift (IPAF) ☐ Podium steps ☐ Work restraint lanyard (prevents reaching edge)

Step 3 : MITIGATE DISTANCE & CONSEQUENCES (Reg 6(4)–(5)): ☐ Safety nets / soft-landing bags (collective) ☐ Personal fall arrest harness + energy absorber (verify min clearance ≥6.25 m below anchor) ☐ Short-duration ladder (≤30 mins, light load ≤10 kg, 3 points of contact, 1-in-4 angle)

3. Site-Specific Hazard & Control Matrix (Regulations 4, 7, 8, 9 & 12)

WAHR Risk Domain	Site Hazards Identified	Initial Risk	Control Measures Implemented Before Start
Fragile Surfaces (Reg 8 & HSG33) Asbestos/fibre-cement sheets, aged GRP rooflights, corroded metal liners, glass skylights, false ceilings.		☐ Low ☐ Med ☐ High	
Access Equipment & Ground (Regs 7 & 12) Soft/uneven ground, cellar voids, vehicle strike risk, 7-day scaffold tag, LOLER 6-month MEWP certificate.		☐ Low ☐ Med ☐ High	
Weather & Overhead Services (Reg 4(4) & GS6) Wind >23 mph (10.3 m/s / Beaufort 5) for MEWPs/towers, ice, rain, lightning, overhead powerlines within 10 m.		☐ Low ☐ Med ☐ High	
Falling Objects & Public Below (Regs 10–11) Unsecured tools, loose ridge tiles/fixings, pedestrian walkways or live work bays beneath work zone.		☐ Low ☐ Med ☐ High	
Worker Fitness & Lone Working Vertigo, medication, fatigue, under-18 restrictions, lone working at height (prohibited where rescue needed).		☐ Low ☐ Med ☐ High	

Emergency Rescue Plan, Inspection Log & Briefing Sign-Off

Mandatory under Work at Height Regulations 2005 Regulation 4(2) & Regulation 12

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WAHR Regulation 4(2) Legal Requirement: Every work-at-height plan MUST include an on-site emergency and rescue procedure before anyone leaves the ground. Calling **999 alone is NOT a compliant rescue plan**. Motionless harness suspension can trigger life-threatening orthostatic intolerance (suspension syncope) within **10 to 15 minutes**.

4. Site Emergency & Suspension Rescue Plan

Primary Rescue Method & Equipment on Site: (e.g. MEWP ground-lowering override controls, pre-rigged rescue winch/descender, adjacent tower/access platform, trauma relief straps fitted to harness)	**Trained Rescuers Present on Shift (Min 2 Named):** (Must be on site simultaneously and competent in ground-lowering / rescue kit operation)
Fall Arrest Clearance Verification (if harness used): Lanyard (____ m) + Absorber tear-out (1.75 m) + Worker below D-ring (1.5 m) + Safety margin (1.0 m) = Required ____ m vs Actual ____ m	**First Aider, Nearest Defibrillator & Site Access Grid/Postcode:** Post-rescue: keep conscious casualty seated/semi-recumbent if advised, monitor airway & alert ambulance.

5. Pre-Start Equipment & Statutory Inspection Checks (Regulation 12)

☐ Pre-use visual check completed by user before shift ☐ Scaffold / mobile tower inspected within last **7 days** (or after high wind/alteration; Schedule 7 report on site) ☐ MEWP holds valid **6-month LOLER** thorough examination certificate
☐ Harnesses, lanyards & anchors hold valid **6-month INDG367** detailed inspection record ☐ Exclusion zone barriered & signed below work area ☐ Wind speed checked (<23 mph / within manufacturer limit)

6. Residual Action Plan (Complete Before Work Commences)

Control Action Required	Responsible Person	Target Time	Verified By

7. Toolbox Talk & Operatives Sign-Off Register

I confirm I have been briefed on this Work at Height Risk Assessment and Emergency Rescue Plan, inspected my access/fall-protection equipment, and know the stop-work triggers (wind, weather, damaged kit, or unsafe surfaces).

Worker Full Name	Role / Trade & Ticket	Signature	Date & Time

Need RoSPA Qualifications Assured & CPD Certified WAHR 2005 Awareness Training? Train staff online in 30–60 minutes for **£14.00 per learner** (10%–40% bulk team discounts, instant PDF certificate) at **www.workingatheightscourse.co.uk**. Practical operator tickets (PASMA, IPAF, CISRS) must be held separately where erecting towers/scaffolds or operating MEWPs.