In 2007/8 the total number of fatal injuries from Working at Height was 58. The number of fatal injuries has increased by 12% since 2006/7.

The greatest number of major injuries to employees in 2007 happened on ladders. Falls from ladders accounted for 68% of all falls (40% from high falls, 28% from low falls).

In January 2009 a construction firm pleaded guilty and was fined £10,000 after two men Working at Height were injured.

Our Guide tells you about the different types of access equipment available through HSS to help you comply with the new legislation and ensure you work safely at height.

*Facts sourced from HSE and Safety Media Ltd
who does it apply to?
The 2005 Working at Height Regulations apply to everyone where there is risk of a fall liable to cause personal injury.

What does it mean to me?
Working at Height means working at ANY height, the old 2 metre threshold no longer applies.
You must carry out a proper risk assessment to determine if Working at Height is necessary and if it is, HSS can advise on the most appropriate equipment to use.

The regulations set out a simple hierarchy for managing and selecting equipment for work at height:

Avoid
Avoid working at height unless you have to. Always look for alternative ways to get the job done.

Prevent
If you have to work at height, do everything you can to prevent a fall. Consider all the risks in advance and carefully choose the right equipment for the job and the environment. Remember to:

- Use the most suitable protection
- Give priority to collective measures (e.g. guard rails) over personal protection (e.g. safety harness)
- Take into account working conditions (e.g. weather/location)
- Think about the safety of everyone in the area where equipment is used

Minimise
If you cannot eliminate the risk of a fall completely, use work equipment or other measures to minimise the consequences should one occur.

5 major requirements
The regulations are aimed at maintaining and improving standards for all work at height. Standards for work above two metres will not change, they are simply being extended to work at any height.

Duty holders must ensure that:

1. All work at height is properly planned and organised
2. Those involved in work at height are competent
3. A full risk assessment is carried out and appropriate equipment is selected and used
4. The risks from fragile surfaces are properly controlled
5. Equipment for work at height is properly inspected and maintained

5 Steps to safety
Whatever height you are working at, be safer by following these steps:

1. Decide on the best system to prevent a fall that is suitable for the work being carried out
2. Always make sure equipment conforms to current regulations and standards
3. Only ever use equipment that is properly and regularly checked and maintained
4. When working at heights, never work alone
5. Provide the right harness safety training that covers handling of equipment
HSS adopts the 3T Safety Standard

What is the 3T method?
The 3T (Through the Trap) method is an approved method of tower erection recommended by PASMA and developed in co-operation with the Health and Safety Executive.

Why did HSS introduce 3T?
HSS introduced the 3T method to help customers comply with the 2005 Working at Height Regulations, to meet manufacturers recommendations and to ensure that we can offer the safest range of equipment available to the market.

Step 1
Always start building with the smallest height frames at the base of the tower and when erecting an even sized tower start with a 2-Rung Ladder Frame and a 2-Rung Span Frame.

Note: HSS recommend two persons are used to erect towers. Above 4m height it is essential that at least two persons are used.

<table>
<thead>
<tr>
<th>Platform Height in Metres</th>
<th>Frame at Base</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.2m 4.2m 6.2m 8.2m 10.2m</td>
<td>2-Rung</td>
</tr>
<tr>
<td>3.2m 5.2m 7.2m 9.2m</td>
<td>4-Rung</td>
</tr>
</tbody>
</table>

Step 2
Ensure stabilisers are fitted. Fit a fixed deck on the lowest rung. Stand on the fixed deck and fit a trapdoor deck on the 4th rung (2m) with the trapdoor next to the ladder.

Note: A full 3T Operating & Safety Guide is provided with every Alloy Access Tower hired.

Step 3
Climb the ladder and sit Through the Trap to fit guardrails on the 5th and 6th rungs, in that order, on both sides of the platform. When the four guardrails are in place you can now stand on the fully guardruled platform. Continue to build the tower to your required height whilst employing the 3T Method at all times.

Note: Only climb a tower from the inside. Do not climb onto the platform until fully guardruled.
Rise to meet the challenge of modern safety and compliance regulations with our industry-recognised training courses for Access and Working at Height. HSS Training is the specialist training division of HSS Hire. Courses can be undertaken at any one of our 18 training centres of excellence in the UK and Ireland. Or, if you prefer, most courses can be provided at your premises.

Mobile Elevated Work Platforms (MEWP)
We offer a comprehensive range of MEWP courses specifically designed by IPAF for the industry. Our MEWP Operator ‘Type Specific’ courses provide instruction on the preparation and safe operation of specific models of mobile elevated work platforms. On completion of the course delegates will be able to drive mobile elevated work platforms safely and manoeuvre them as required to a correct position.
Delegates successfully completing the course will receive an IPAF certificate and a PAL (Powered Access Licence) card.
Prices from £165

PASMA Mobile Access Towers
As an accredited member of PASMA, we offer a wide range of course relating to mobile access equipment. Delegates will gain an understanding of current legislation and be able to dismantle, erect and inspect a tower safely.
Prices from £160

Harness & Height Safety
These courses are designed to provide delegates with the essential knowledge required for operating safely at height. They also provide delegates with all the necessary information, instruction and training required to operate both safely and efficiently at height. Courses covering basic height safety through to highly specialised access and rescue techniques are available.
Prices from £110

Ladder Association - Ladder Access Safety
HSS Training is pleased to present its new steps and ladder course, in conjunction with the Ladder Association. Delegates will learn to select appropriate work at height equipment for a task, correctly locate and safely use ladders and stepladders and inspect ladders. Successful completion of this course will result in the issuing of a Ladder Association Ladder User’s ID card and Certificate of Training.
Prices from £160

Receive 20% Off HSS Training *

*Book any Personal Access training course with HSS Training in March 2009 and receive a discount of 20%.
Call UK 0845 766 7799 (ROI 1850 924 381)
quoting code TRAC0309

UK  08457 28 28 28
ROI 1800  22 33 66
Text ‘Access’ to 64121
hss.com
hss.ie
Access Towers

For safe height access you need the stable and comfortable working platform provided by our range of ready to erect access towers. HSS has a range of alloy access towers, full width are the choice for the majority of decorating, maintenance and general building applications, whilst our range of narrow width towers are perfect for stairwells, alleys and narrow forecourts. We also have an extensive stock of non-conductive (GRP towers), ideal for use in areas of chemical and electrical risk.

**Alloy Access Towers**

**Full Width Towers**
HSS has a range of 1.45m wide alloy towers supplied with castor wheels for easy, on-site mobility.

**Narrow Width Towers**
Where space is limited, our range of 0.85m wide, mobile alloy towers can solve your access problem.
- Supplied ready for erection
- Choice of 1.8m or 2.5m long decks
- Safety toe-boards and stabilisers included
- Adjustable locking castors for safety and mobility

See page 17 of the 2009 HSS Hire Guide.

**Non-conductive Towers**
Corrosion free, non-conductive and clean to handle, this tower is ideal for use in areas of chemical hazard and electrical risk, as well as in the food industry where hygiene is important.

Lightweight and suitable for glove free handling in the cold.
- Non-conductive for use near electrical risks
- Non-corrosive so suitable near chemical hazards
- For use on Railtrack and London Underground
- Easily transported and assembled like a conventional alloy tower

See page 19 of the 2009 HSS Hire Guide.

**Other Towers & Platforms**

HSS also have a wide range of towers and platforms

- Stairway Access Tower
- Span Access Platform
- Chimney Scaffold
- Tower Bridge Desk
- Lift Shaft Tower
- Lift Shaft Tower
The 2005 Work at Height Regulations state that ladders can still be used but advise that they should only be used as a means of getting to a workplace. If they have to be used as a workplace it should only be for light, short-term work. HSS recommend the use of a ladder safety foot to prevent slipping. HSS have a range of ladders and steps ideal for all your access needs.

### Combination Ladders

Gaining access for inspection and maintenance often involves using both extension ladders and steps. These versatile, lightweight combination ladders do both these jobs.

**Aluminium**
- For use on stairways as either extension ladder or step ladder
- Easily convertible three section design

**GRP**
- Ideal for applications where aluminium steps are unsuitable
- Extends to 5.8m with 4.1m step height

See page 19 of the 2009 HSS Hire Guide.

### Other Ladders

HSS also have a wide range of ladders.

- **Rope Operated Ladders**
- **Roof Ladders**
- **Conservatory Roof Access System**
- **Standoff Ladder Stay**
- **Multi-purpose Ladder**
- **Push-up Ladders**

### Ladder Safety

The 2005 Work at Height Regulations state that ladders can still be used but advise that they should only be used as a means of getting to a workplace. If they have to be used as a workplace it should be for light, short-term work. HSS recommend the use of a ladder safety foot to prevent slipping.

**Positioning Ladders**
- Lay ladders flat on the ground and extend them to the required height, then raise into their working position
- Rope operated ladders should be held upright while being extended
- Check each foot is on a clean, level, firm surface
- Ensure sections overlap by at least 2 rungs (3 if the sections are more than 4.5m long) and check that all locking devices are properly engaged
- Ensure the ladder is correctly angled. The rule is: ONE OUT for every FOUR UP
- Make sure the ladder is at the correct height, never use boxes or bricks to gain extra height

**Do NOT use a ladder**
- Where it can be knocked by a door or window unless the door or window is secured
- Where it may get struck by a passing vehicle
- Within 6m of an overhead power line (unless the lines have been temporarily disconnected or insulated)
- On side or back slopes, particularly if the surface is wet
- If carrying heavy or awkward shaped objects. Never carry loads heavier than 25kg over - 10kg should be avoided if possible
- If wind speed exceeds 17mph
Podium Steps and Adjustable Safety Platform Steps are ideal to be used as low level working stations. They are perfect for essential maintenance and repair work and are safer alternatives to ladders and steps.

**Podium Steps**

These Podium Steps provide low level access with full guarded protection.
- Ideal for a single operator plus tools
- Fitted with lockable castors for additional safety

See page 28 of the 2009 HSS Hire Guide.

**Self Erecting Tower**

This Self Erecting Tower is lightweight yet robust and easy to operate. It offers three platform heights.
- Easy to erect, manoeuvre and transport

See page 19 of the 2009 HSS Hire Guide.

**Other Staging & Steps**

HSS also have a wide range of staging and steps equipment.

- Steel Trestles & Scaffold Boards
- GRP Platform Steps
- Guard Rail
- Alloy Platform Steps
- Stock Picking Steps
- Decorators Trestles

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Providing low-level and access solutions

There is a lot of confusion as to whether ladders can still be used, the answer to this question is YES but the 2005 Work at Height Regulations state that: *Ladders should only be used as a means of getting to a workplace. If they have to be used as a workplace it should only be for light, short-term work.*

**What should you be using?**

Podium Steps and Adjustable Safety Platform Steps are ideal to be used as low-level working stations. Why?

- Fully compliant with the new 2005 Work at Height Regulations
- Safer alternatives to ladders and steps
- Provide low-level height access with full guardrail protection at all times
- Ideal for essential maintenance and repair work
Why choose HSS for Access?

It all stacks up

Huge range of Access equipment
Massive investment in Access stock
Specialist Access Training courses
Health & Safety advice
4-star safety award from British Safety Council
Inspection before every Access hire
One point of contact & single contract
Network of over 250 hire centres

Are you working within the Working at Height Regulations?

UK 08457 28 28 28
ROI 1800 22 33 66
Text 'Access' to 64121  hss.com
Text 'Access' to 51442  hss.ie