

## Working at height

Korkealla työskentely  
Working at height



Turvallista työpäivää! Have a safe workday!

 BOREALIS



Working at height is one of Borealis' Life Saving Rules. A fall from any height can cause injuries. Working at height can for instance mean working on a low A-ladder. There have been cases in Borealis where a fall from one meter high has caused bone fractures. Working at height also covers stepping up / climbing to a platform and stepping down from a platform.

Everyone working at height should ensure that the work can be done safely. This means, among other things, wearing safety harness, using proper scaffolding and performing careful risk assessment. Efficient risk assessment should continue throughout the work. Working at height should be avoided if possible, every precaution should be taken to prevent falls, and, as a last resort, the impacts of possible fall should be minimized.

Thank you for your commitment to Borealis' Life Saving Rules and working safely at height in our area!

### Themes for discussion:

- ✓ Is there alternative methods for working at height?
- ✓ Do we identify all the places where working at height is done?
- ✓ What are the risks related to working at height?
- ✓ When should a safety harness be used?
- ✓ Do you know how to put on your safety harness?