


Working at Heights Safety Checklist

This checklist ensures workers are protected from fall hazards by verifying correct use of ladders, scaffolds, and harnesses.

- Are workers trained and certified for working at heights?
- Are fall protection harnesses inspected and secured?
- Are anchor points properly rated and secure?
- Are scaffolds built by licensed personnel?
- Are ladders industrial-rated and in good condition?
- Is fall arrest equipment used where required?
- Are guardrails or safety nets in place?
- Are weather conditions checked before work begins?
- Are height-related tools secured against falling?
- Are access and egress routes safe?
- Are scaffolds regularly inspected?
- Is fall protection used at the correct height threshold?
- Are fragile roof areas marked and restricted?
- Are rescue plans in place for height-related incidents?
- Are harnesses stored properly to prevent wear?

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