

### GENERAL RULES FOR WORK AT HEIGHT

#### Work at height

Workers at height are in permanent danger of falling from a height. That is why their **safety** should always come **first**. Worker's safety is achieved by using various methods for setting up a personal fall protection system. The structure of the fall protection system should always correspond with the type of activity considering high efficiency of work along with maximal possible safety.

**Basic skills and knowledge of workers at height include:**

#### Work restraint:

Technique of using PPE to prevent from motion to areas with the risk of fall: This technique enables workers at height to move freely to areas without the risk of fall, falling-through or collapse. Moving into higher-risk areas is restricted by appropriate PPE used.

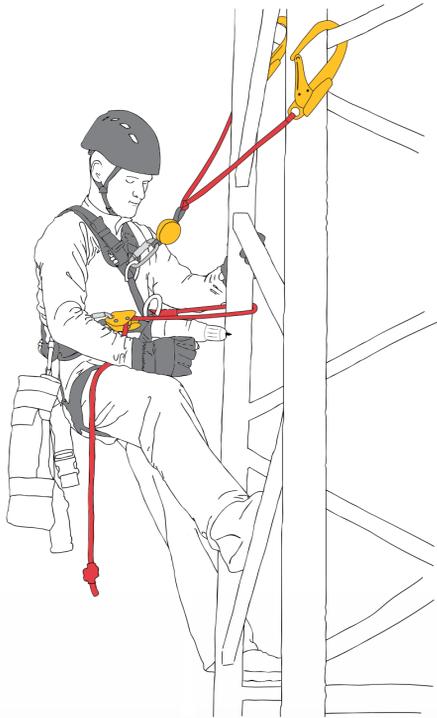
#### Work positioning:

Technique where the worker will be using the Personal Protective Equipment to access and process the work. This technique is based on the equipment which will protect a worker against any hazard from the workplace (fall from the heights). Choice of appropriate working position is essential for efficient working at height. It shall encourage the worker to concentrate on his/her job and thus it shall be safe, surefooted and comfortable.

#### Fall arrest:

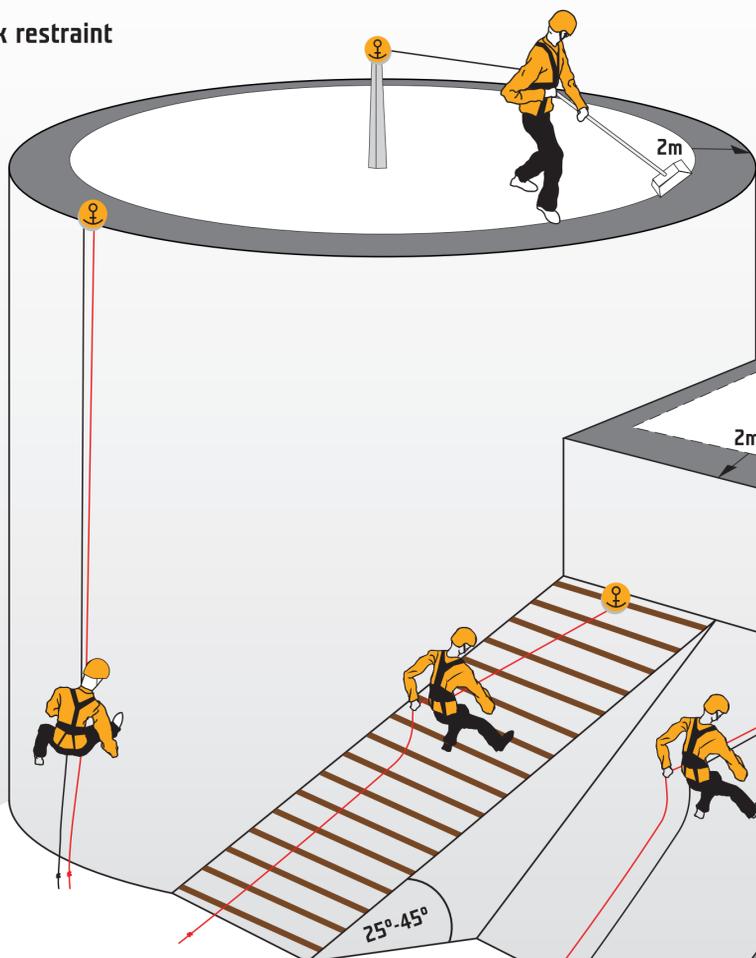
If there is a risk of fall, even for a short period of time, it is necessary to take measures to avoid a fall. A fall can be prevented or the impact force can be lowered to an acceptable level (6 kN) using a suitable fall absorber. Technique of using PPE to prevent from motion to areas with the risk of fall.

Every technician working at height must be trained professionally and must use a proper Personal Protective Equipment.

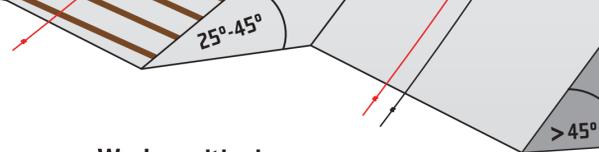


Work positioning on a frame tower.

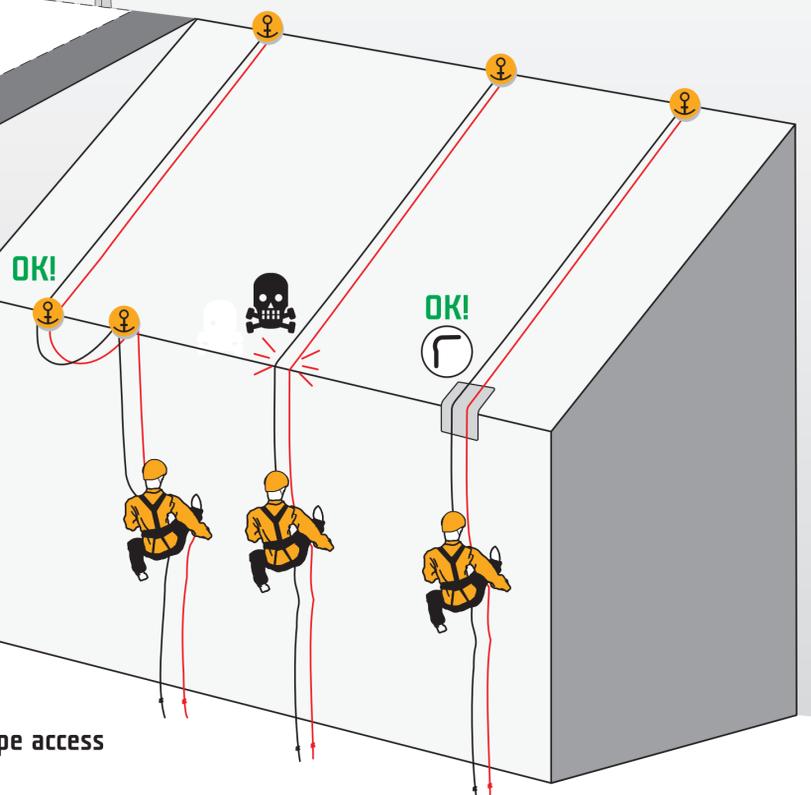
#### Work restraint



#### Work positioning



#### Rope access



#### Rope access (part of work positioning)

Rope techniques place high demands on the skills and abilities of worker at height. The basis for safe handle of rope techniques is adequately selected PPE and proper training of worker at height.