



National
Operational
Guidance

Control measure

Safe system of work: Work at height



NFCC
National Fire
Chiefs Council

Developed and maintained by the NFCC



Contents

Control measure - Safe system of work: Work at height 3



Control measure - Safe system of work: Work at height

TRAINING SPECIFICATION

Knowledge and understanding

Control measure element	Learning outcome
Planning for working at height	Understand: The benefits of planning for safe systems of work when working at height
Specialist resources for working at height	Understand: <ul style="list-style-type: none"> • The benefits of obtaining support from specialist resources when working at height • How to prepare for the arrival of the requested specialist resources
Cordon controls for working at height	Understand: <ul style="list-style-type: none"> • The specific safety considerations associated with cordons when working at height • The factors to be considered when establishing cordons for working at height
Methods for working at height	Understand: <ul style="list-style-type: none"> • The methods for working at height • The benefits and disbenefits for each method of working at height • The suitability of fall protection systems • The risk of suspension intolerance when deploying personnel to work at height
Safe work at height or rope rescue team typing	Understand: <ul style="list-style-type: none"> • The system of team typing for work at height and rope rescue



Control measure element

Learning outcome

Equipment for working at height	<p>Understand:</p> <ul style="list-style-type: none"> • The need for work at height equipment to be compatible with other PPE and RPE • The need for examination and inspection of work at height equipment before each use • The regulations that apply to equipment
Anchor points for working at height	<p>Understand:</p> <ul style="list-style-type: none"> • How to carry out a risk assessment of the anchor points and system prior to them being used • Why false chimneys should not be used as anchor points
Structural integrity when working at height	<p>Understand:</p> <ul style="list-style-type: none"> • The need to assess the integrity of any structure that is being relied on for working at height
Establish arrangements to deal with firefighter emergencies	<p>Understand:</p> <ul style="list-style-type: none"> • The need to establish a rescue plan and have adequate resources in place for personnel working at height

Practical application

Control measure element

Learning outcome

<p>Fire control personnel should: Inform an available specialist adviser about incidents involving work at height</p>	<p>Demonstrate the ability to:</p> <ul style="list-style-type: none"> • Inform an appropriate tactical adviser that work at height is taking place at an incident
<p>Incident commanders must: Ensure work at height equipment inspections have been carried out by a competent person</p>	<p>Demonstrate the ability to:</p> <p>Ensure the necessary inspections of work at height equipment are carried out by a competent person</p>



Control measure element	Learning outcome
Incident commanders must: Establish and maintain a recovery system for personnel deployed to work at height	Demonstrate the ability to: <ul style="list-style-type: none">• Establish a recovery system for personnel working at height• Maintain a recovery system for personnel working at height
Incident commanders must: Ensure that emergency arrangements are maintained and resourced for the duration that personnel are subjected to working at height	Demonstrate the ability to: <ul style="list-style-type: none">• Establish emergency arrangements for personnel working at height• Maintain emergency arrangements for personnel working at height
Incident commanders must: Ensure PPE is proportionate to the risk of objects falling from height	Demonstrate the ability to: <ul style="list-style-type: none">• Ensure personnel wear PPE that takes into account the risk of objects falling from height
Use ladders for short duration tasks and request other equipment, such as an aerial appliance, for other activities	Demonstrate the ability to: <ul style="list-style-type: none">• Select the most appropriate equipment based on the type and duration of the task or activities
Consider requesting specialist work at height resources	Demonstrate the ability to: Request appropriate work at height specialists for the incident
Secure and prepare the scene prior to arrival of specialist work at height resources	Demonstrate the ability to: <ul style="list-style-type: none">• Secure the scene through the use of cordons• Identify access routes and rendezvous points (RVPs)• Gather information from on-site staff• Appropriately isolate utilities and on-site machinery
Establish and control inner cordons , taking into account the incident type, items falling from height and wind conditions	Demonstrate the ability to: <ul style="list-style-type: none">• Establish and control inner cordons when personnel are working at height



Control measure element

Learning outcome

Select appropriate methods to achieve work at height following a risk assessment

Demonstrate the ability to:

- Select the safest practical methods for work at height
- Consider the risk of suspension trauma when selecting work at height methods

Secure any unattended work at height systems to ensure they cannot be interfered with

Demonstrate the ability to:

- Consider the use of cordons or other measures to protect deployed work at height equipment

Ensure the suitability of the structure before carrying out work at height activities

Demonstrate the ability to:

- Assess the suitability of structures to support the use of work at height equipment
- Consider using alternative methods or systems if there is any doubt about structural integrity

Ensure anchor points are suitable for supporting the load that will be applied

Demonstrate the ability to:

- Ensure the anchor system is suitable and of sufficient strength and stability for the purpose of supporting any foreseeable loading