

Working At Heights Using Rope Access Methods

WHEN TO COMPLETE – Before the start of any Rope Access for Work at Height activities

Confirm each control / safeguard below before starting work	Guidance for confirming each control / safeguard	Person(s) Performing Work	Start-Work Verifier
I HAVE CONFIRMED:			
1 Communication plan is agreed by all workers involved	<ul style="list-style-type: none"> Examples of communication methods (e.g., radio and hand signals) Agree on emergency stop signals during pre-job meeting Ask crew to demonstrate communication plan 		
2 Ensure solid anchored point are available to prevent fall hazard	<ul style="list-style-type: none"> Verify that anchor point will withstand twice the maximum anticipated dynamic load it is intended to support. Visually inspect anchor prior to use 		
3 Contingency Plan and back-up rope system in place	<ul style="list-style-type: none"> Discuss contingency plan that includes procedures and identifies necessary equipment 		
4 Properly secure any work-related equipment being used (e.g., lanyards)	<ul style="list-style-type: none"> Check that tool lanyards are being used Check that equipment and tools are secured at heights When primary rope is the means of support, verify back-up rope systems are in place. 		
5 Proper access to specific work area with process hazards identified	<ul style="list-style-type: none"> Check that clear access zones are established Verify proper access to the specific work area NOTE: Consider electrical lines, sharp edges, hot surfaces, and other process equipment that may pose hazards Positively identify any process hazards in the area (e.g., steam vents, atmospheric PRVs, horns) that may create hazards for the work crew 		
6 Barricade the area underneath access zones	<ul style="list-style-type: none"> Adequately barricade with signage noting the hazard of the work being performed to: <ul style="list-style-type: none"> Alert workers of activities occurring above Protect personnel from dropped objects 		
7 No team member will work at height alone	<ul style="list-style-type: none"> Confirm availability of a partner before start of work to help one another and summon response in the event emergency 		

Confirm these controls / safeguards are in place and verified prior to starting work. Stop and seek help if anything changes.

	Printed Name & Role	Signature	Date
Start Work Verifier			

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