

Working at Height Risk Assessment

Work at Height Regulations 2005 — assessment record

Company: _____ Date: ____/____/_____
Address: _____ Ref: _____

Assessment Details

Job / site location:	Description of work:	Date of assessment:
_____	_____	_____
Assessed by (competent person):	Review date:	
_____	_____	

Access Method — Hierarchy Applied

- AVOID: work at height avoided — water-fed pole used from the ground
- AVOID: windows cleaned from the inside where accessible
- PREVENT: mobile access tower (erected by trained person)
- PREVENT: ladder / stepladder — justified for low-risk, short-duration work
- MINIMISE: measures to reduce fall distance / consequences in place
- Reason a safer method was not reasonably practicable recorded below

Hazard Assessment

Hazard	Who is at risk	Risk before (L x S)	Control measures	Risk after (L x S)
Fall from height				
Falling objects / tools				
Overhead power lines				
Fragile surfaces / skylights				
Unstable / sloping ground				
Adverse weather (wind, ice, rain)				
Public / passers-by below				

Equipment Pre-Use Checks

- Ladder stiles, rungs and feet inspected — no visible defects
- Ladder locking mechanisms function correctly
- Ladder set on firm, level, non-slippery ground
- Ladder at correct angle — 1 in 4 rule (approx. 75 degrees)
- Ladder secured/tied at top, or footed by second person
- Tower: outriggers/stabilisers fitted, wheels locked, guard rails in place
- Tower inspection record completed
- Overhead power lines checked before raising pole or ladder
- Water-fed pole hoses managed — trip hazard controlled

Weather, Emergency & Sign-Off

Weather limits: work at height will STOP in high winds, ice, lightning or storms regardless of schedule.

Emergency / rescue: first aid provision; action if a person falls; how a casualty at height could be reached and recovered.

Sign-off: the named competent person confirms the work has been assessed under the Work at Height Regulations 2005 and the controls above will be applied.

Signature: _____ Date: ____/____/_____

Reassess if conditions, equipment or the work change.

