



Tripartite Alliance for  
Workplace Safety and Health

# Work at Heights Symposium 2023

## Resources

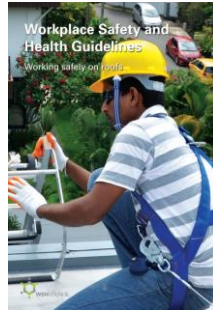


# Roof Safety Infokit

# Roof Safety Infokit



Fragile Roof Sticker



WSH Guidelines on Working Safely on Roofs



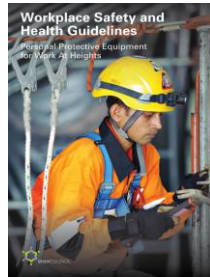
Activity Based Checklist (ABC): Working on Rooftops



Scan the QR code to download the Roof Safety Infokit



6 Basic Workplace Safety and Health Rules for Working on Roofs



WSH Guidelines on Personal Protective Equipment for WAH

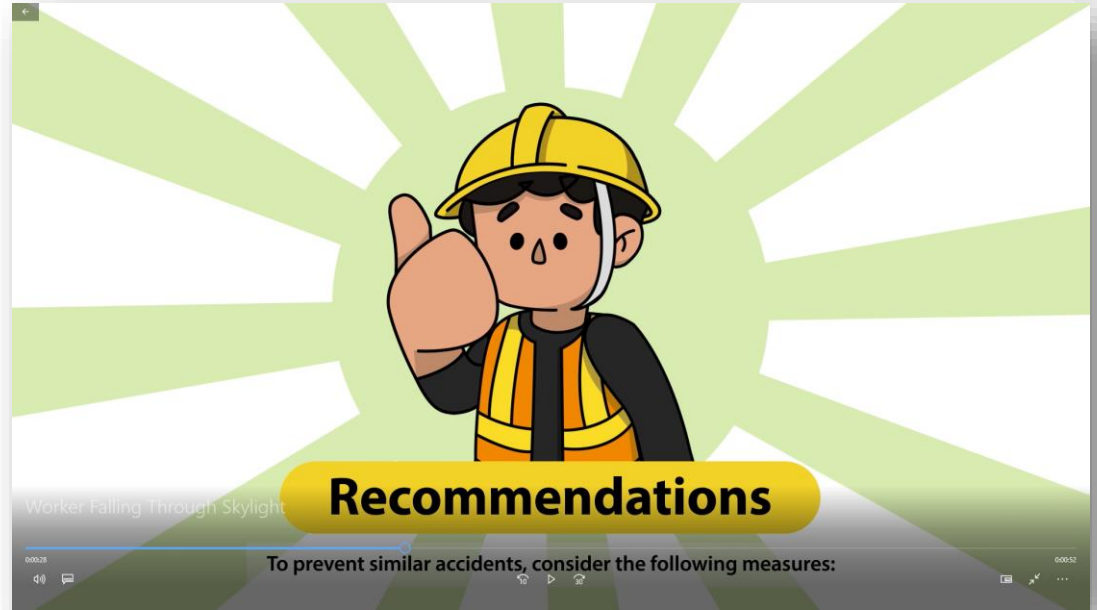


Working on Fragile Roof Surfaces Poster

# Worker falling from skylight animated video

# Animated Video on Worker falling through skylight

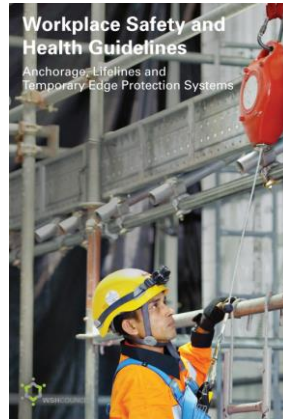
Scan the QR code  
and share video  
with your workers



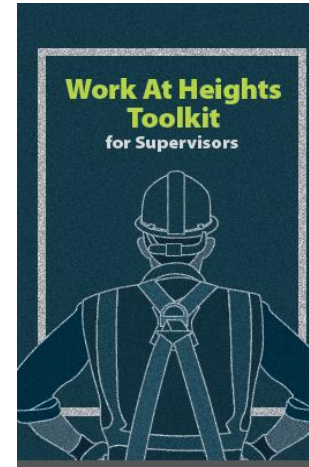
# Resources for Managers, Supervisors, WSHOs



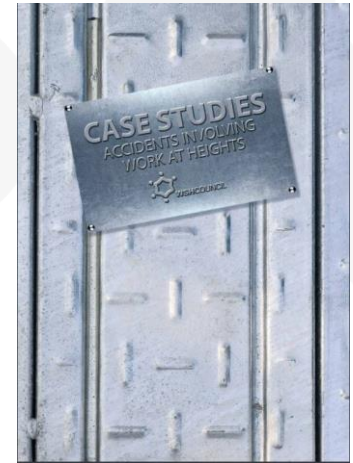
Code of Practice for Working Safely at Heights



WSH Guidelines on Anchorage, Lifelines and Temporary Edge Protection Systems



Work At Heights Toolkit for Supervisors



Case Studies of Accidents Involving Working at Heights



FALLING OFF LADDERS CAN KILL  
USE THEM SAFELY

安全使用梯子  
避免坠落受伤



A safety initiative by



**Activity Based Checklist**  
**Working Safely at Heights**

This form is to be used as a regular check of work-related facilities and hazards. It is required to assess and maintain a safe work environment for workers at heights. Use this checklist as a guide to keep you and your workers safe. For more information on how you can keep your work places safe, go to [www.wsh.gov.sg](http://www.wsh.gov.sg).

Name of Company: \_\_\_\_\_ Position/Location: \_\_\_\_\_  
 Name of Supervisor: \_\_\_\_\_  
 Checking Date/Time: \_\_\_\_\_ Date: \_\_\_\_\_

Safety Checks	Please tick (✓) if OK, else (✗)	If not, action required by
Openings into or through walls or floors are adequately covered or guarded with sufficient strength to prevent any fall.	<input type="checkbox"/>	Name: _____ Date: _____
There are handholds and knee rests or other aids of assistance.	<input type="checkbox"/>	Name: _____ Date: _____
Guardrails are put in place to prevent people from falling over the edge.	<input type="checkbox"/>	Name: _____ Date: _____
Work platforms used are certified of sound construction and able to support the workers weight.	<input type="checkbox"/>	Name: _____ Date: _____
Safe means of access and egress are provided.	<input type="checkbox"/>	Name: _____ Date: _____
Workers are provided with personal fall arrest systems with sufficient capacity to arrest a fall.	<input type="checkbox"/>	Name: _____ Date: _____
Good housekeeping is practised to prevent trip/fall hazards such as slipping hazards.	<input type="checkbox"/>	Name: _____ Date: _____
An appointed and competent supervisor oversees workers working at heights.	<input type="checkbox"/>	Name: _____ Date: _____

The supervisor must sign and date this checklist. The worker must sign and date this checklist.

WSHCOUNCIL

Activity Based Checklist (ABC):  
Working Safely at Heights



**Activity Based Checklist**  
**Safe Use of Ladders**

The safe use of ladders is important to your safety and your workers' safety. Use this checklist as a guide to keep you and your workers safe. For more information on how you can keep your work places safe, go to [www.wsh.gov.sg](http://www.wsh.gov.sg).

Name of Company: \_\_\_\_\_ Position/Location: \_\_\_\_\_  
 Name of Supervisor: \_\_\_\_\_  
 Checking Date/Time: \_\_\_\_\_ Date: \_\_\_\_\_

Safety Checks	Please tick (✓) if OK, else (✗)	If not, action required by
Ladders in good working condition without any visible defects.	<input type="checkbox"/>	Name: _____ Date: _____
Ladders extended fully before starting work.	<input type="checkbox"/>	Name: _____ Date: _____
Ladders placed on stable and level ground.	<input type="checkbox"/>	Name: _____ Date: _____
Workers are instructed not to stand on the top rungs of the ladder.	<input type="checkbox"/>	Name: _____ Date: _____
Workers are instructed not to stand on the top rungs when climbing ladders.	<input type="checkbox"/>	Name: _____ Date: _____
A ladder is held onto the ladder when its extended is used.	<input type="checkbox"/>	Name: _____ Date: _____
Workers maintain three points of contact with the ladder and one hand, or one hand and one foot, or two hands and one foot.	<input type="checkbox"/>	Name: _____ Date: _____
Workers are wearing proper harnesses for example, wear the fall arrest harness.	<input type="checkbox"/>	Name: _____ Date: _____

The supervisor must sign and date this checklist. The worker must sign and date this checklist.

WSHCOUNCIL

Activity Based Checklist (ABC):  
Safe Use of Ladders



**SAMPLE CHECKLIST FOR WORKING AT HEIGHTS**

This checklist provides the basic requirements for working safely at heights. Co-workers and employers should ensure and maintain a safe working environment for working at heights. This checklist is non-exhaustive and users are recommended to make the necessary customisation to suit the work processes and conditions at the workplace.

S/N	Items	Remarks
<b>Section A: General Requirements</b>		
1	Every open side or opening into or through which a person may fall is covered or guarded by an effective barrier to prevent falls.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Where covers are used for openings, are these covers securely fixed to prevent accidental dislodgement?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3	Every open side of a staircase is provided with a substantial handrail and lower rail or other effective means and constructed.	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Secure handholds and footholds is provided for any person who has to work at a place from which he would be liable to fall: (a) a distance of more than 2m; or (b) any substance which is likely to cause slipping or slipping.	<input type="checkbox"/> Yes <input type="checkbox"/> No
If item 4 is not practicable, other suitable means such as travel restraint systems or fall arrest systems should be provided. Refer to Section C.		
5	Where any work at height is to be carried out, it is safe means of access to and egress provided?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Section B: Work Planning and Risk Management</b>		
6	Is there a Fall Prevention Plan (FPP) developed and implemented?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	Where hazardous work at height is carried out, is a permit to work (PTW) for hazardous work at height available and implemented?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Has risk assessment (RA) been conducted and are safe work procedures (SWP) developed for the work?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9	Are the hazards and risk control measures communicated to all workers?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Section C: Processes and Procedures</b>		
10	Have all workers received the necessary instruction, information and training for them to perform work at heights?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Is there adequate supervision in place to ensure that safe work practices for working at heights are in place?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Safety Time Out  
sample checklist for  
Working at Height





# Resources for Workers

# Work at Heights GIFs



Be careful of falling from heights



Do not step on the top rung



Scan these QR codes to download the GIFs, which are also available in Bengali, Mandarin, Tamil, Thai and Vietnamese.

# English Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height



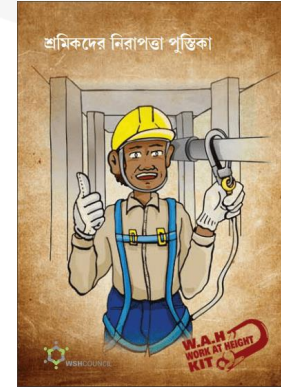
# Bengali Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height



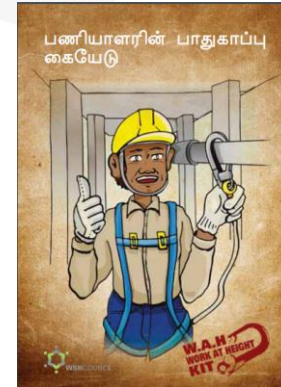
# Tamil Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height



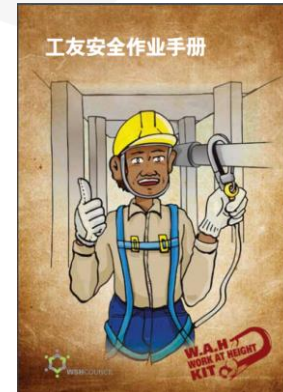
# Mandarin Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height

