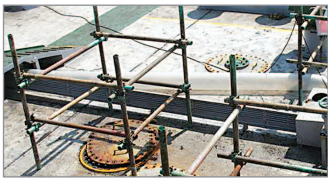









Working Safely at Heights

Falls from heights are a major cause of work-related fatalities and injuries. It is important to ensure and maintain a safe work environment for working at heights. Use this checklist⁺ as a guide to keep you and your workers safe. For more information on how you can keep your workplace safe, go to www.wshc.sg

Name of Company _____ Process/ Location _____

Checked by (Name/ Designation) _____ Date _____

Safety Checks		Please tick (✓) Yes No NA*			If no, action required by:
Openings into or through which a person may fall are covered or guarded with effective barriers.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
There are handrails and lower rails at open sides of staircases.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
Guardrails are put in place to prevent people from falling over the edge.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
Working platforms used are certified, of sound construction and are able to support the worker's weight.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
Safe means of access and egress are provided.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
Workers are provided with personal fall arrest systems with sufficient and secured anchorages.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
Good housekeeping is practised to prevent falls from heights due to tripping hazards.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____
An appointed and competent supervisor oversees workers working at heights.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name: _____ Date : _____

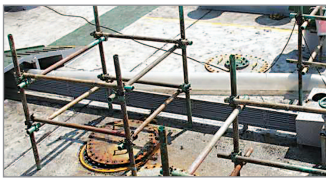






⁺ This checklist may not cover all aspects of work activities in your workplace. You should review the checklist when there are changes in any work activity.

* NA – Not applicable

从高空坠落是造成工业意外伤亡的主要原因。因此，确保工作场所的安全水平以避免高空坠落的风险是必须的。请使用以下检查表⁺，确保工人安全。请登入 www.wshc.sg 以了解更多详情。

公司名称 _____ 流程/地点 _____

检查者 (姓名/职衔) _____ 日期 _____

安全指示		请打勾 (✓) 是 否 NA*	如果答否, 必须采取适当措施:
在洞口四周有设置稳固的屏障以防止坠落意外。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
在楼梯的开放侧边安装扶手与护栏。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
在开放侧边有安装护栏以防止工人坠落。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
搭建的工作平台有经证明稳固安全合格。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
提供工人安全的出入通道。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
提供个人坠落防护装置与稳固的固定点, 以及正确使用方法。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
工作场所整洁妥当。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____
高空作业是由一名经授权的管工所监督。		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	姓名 : _____ 日期 : _____

⁺ 本检查表可能不包罗您职场所有的工作活动。如果工作活动改变, 您应该检阅本检查表。

* NA - 不适用