

# Safe & Well Guidance Notes

## WORKING AT HEIGHT (WAH)

### Principle Safety

- AVOID Working at Height
- Use equipment to prevent falls and minimise distance / consequences
- ENSURE WAH person is competent and trained in use of equipment and ALL risks involved e.g. Asbestos / Fragile roofs

### Working on Roofs

- Plan the work - allow enough time
- CONSIDER light levels, ice, wind and rain
- Warning signs IN PLACE
- NEVER walk on fragile roofs - asbestos, fibre cement, roof lights or glass

### Working on Roofs

- Roof Ladders or Crawl Boards MUST span at least 3 purlins OR 600mm wide
- Use Edge protection OR safety harnesses OR safety netting OR bale stacks close to underside of roof

### Work Platforms

- Platforms MUST be fit for task with edge protection
- NEVER use grain buckets or pallets
- ONLY use Forklift Trucks with a 'tilt/trip' lock
- Access gates MUST open inwards, upwards or sideways and auto close

### Mobile Platforms / Loaders

- ENSURE Safe Operation to avoid crushing above and below
- Use safety harnesses

### Vehicles

- When getting on and off vehicle use steps / hand holds - TAKE YOUR TIME
- ENSURE trailer brake is applied
- KEEP load area clean and tidy - No loose ropes / straps

### Vehicle Load / Unload

- AVOID WAH if possible
- WEAR anti-slip footwear
- ENSURE load is SECURE
- DO NOT ride on Loads
- Use Hay Ladders
- REMOVE top stack first

### Ladders

- ONLY use if in good condition
- ENSURE top and bottom SECURED
- USE on firm level ground
- Extends AT LEAST 1 metre above roof or object

### Ladders

- MAINTAIN 3 points of contact
- Short term use ONLY
- NEVER place near vehicles, animals or power lines
- In silos ONLY use vertical fixed ladders

### Scaffolds

- ENSURE placed on level ground
- ENSURE erected professionally
- Tied to building
- ENSURE platform is AT LEAST 600mm wide

### Scaffolds

- Fall protection present - guard rails / toe boards
- Scaffold boards tied down - overhang by 50mm minimum
- Access ladder SECURE Remove when not in use

### Mobile Scaffolds

- ENSURE base to height ratio is 1:3
- ENSURE stability
- DO NOT use if windy
- Wheel brakes are ON and LOCKED
- DO NOT overload





## Sources of Information

<http://www.hse.gov.uk/agriculture/index.htm>

<http://www.nfuonline.com/home> (for health & safety support select Risk Management Services)

<http://dcfarmconnect.co.uk>

DCD website: [www.dairycrestdirect.co.uk](http://www.dairycrestdirect.co.uk)

## Key Contacts

### Company

### Phone No.

Health and Safety Executive (HSE)

0845 300 9923 (RIDDOR accident reporting)

White Gold

0845 873 1410

Dairy Crest - Farm Business Unit

0800 121 4766

National Farmers Union (NFU)

024 7685 8500 or for members 0870 845 8458

DCD Office

01458 835060

## General Questions

1. Have you assessed the risks on your farm?
2. Have you acted upon the results of your assessment?
3. Have you briefed your family, workers (including temporary or relief staff) and any contractors?
4. Have you displayed the **Guidance Notes?**
5. All involved in working on this farm, need to sign and date this form to confirm that they have read and understood the **GUIDANCE NOTES**, as all are responsible for a safe and working environment - as we all depend on each other!

Name

Signature

Date

## Notes: Actions Taken



**REMEMBER - RUSHING, FRUSTRATION, FATIGUE AND COMPLACENCY CAUSES ACCIDENTS!**

**YOUR FAMILY NEEDS YOU**

