

CONSTRUCTION & FIELD OPS HEIGHT SAFETY TEMPLATE

Work at Height Safety Checklist

Inspect elevated work planning, edges and openings, guardrails, fall arrest, scaffolds, ladders, powered access, falling objects, weather, rescue, and corrective actions.

PROJECT / LOCATION

INSPECTION DATE

INSPECTOR

APPROVER

1. Inspection setup, work-at-height scope, planning, and authorization

- 1 Confirm the project, work area, inspection date, work-at-height task, contractor, supervisor, inspector, competent person, and approver.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Define the exact elevated task rather than auditing 'work at height' as one broad activity.

- 2 Define the exact elevated work location, lower levels exposed, access route, work duration, workers involved, tools, materials, and equipment included.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Include tools, materials, people below, and access methods in the scope.

- 3 Verify the work-at-height risk assessment, method statement, permit or authorization, rescue plan, and relevant drawings or manufacturer instructions are current and available.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use the current task method and rescue plan, not an outdated generic version.

- 4 Confirm the selected work method follows the site's hierarchy of controls by avoiding work at height where practical and prioritizing collective protection before personal fall protection.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Prefer collective protection where reasonably achievable before relying only on PPE.

- 5 Review previous fall hazards, dropped-object events, scaffold or ladder defects, damaged fall-arrest equipment, weather restrictions, and overdue corrective actions.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use previous fall-related findings to target recurring weak controls.

- 6 Capture the inspection start time, location, and approved reference photos showing the work area, edges, openings, access systems, and fall-protection controls.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Take reference photos before temporary protections are moved or changed.

2. Walking-working surfaces, structural integrity, access, and work boundaries

- 7 Verify floors, roofs, platforms, temporary decks, formwork, structures, and other walking-working surfaces can safely support the workers, equipment, and materials placed on them.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: OSHA requires walking-working surfaces to have sufficient strength and structural integrity before use.

- 8 Inspect access routes to elevated work for stable footing, sufficient width, safe transitions, lighting, housekeeping, and protection from slips, trips, and unexpected level changes.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Inspect the complete access route, including transitions onto roofs and platforms.

- 9 Identify all unprotected sides, edges, floor openings, wall openings, shafts, skylights, fragile surfaces, pits, and changes in elevation within or near the work area.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Include skylights and temporary penetrations in opening checks.

- 10 Confirm fragile or uncertain surfaces are clearly identified and workers are prevented from stepping or loading them until a safe working method is established.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Treat uncertain or fragile surfaces as unsafe until verified.

- 11 Verify work boundaries, barricades, warning signs, controlled-access arrangements, and exclusion zones are positioned to protect workers and people below.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Keep people away from fall and falling-object exposure zones.

- 12 Confirm access and egress remain available throughout the task and are not blocked by materials, temporary works, equipment, debris, or changing site conditions.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Recheck access after material deliveries or trade changes.

3. Guardrails, covers, openings, edges, and collective fall protection

- 13** Inspect guardrail systems at exposed edges, ramps, runways, platforms, floor openings, stair openings, and other required locations for complete installation and secure condition.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Inspect the whole system, not only the visible top rail.

- 14** Check top rails, midrails, posts, intermediate members, fixings, base connections, gates, and end protection for damage, looseness, missing components, or unsafe gaps.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Loose fixings and missing midrails can make a complete-looking barrier ineffective.

- 15** Verify guardrail height, strength, configuration, and openings meet the applicable project standard and local legal requirements for the work being performed.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use the applicable site and legal criteria for guardrail dimensions and performance.

- 16** Confirm floor and roof opening covers are secured against displacement, capable of supporting expected loads, clearly identified where required, and free from trip hazards.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Secure opening covers against accidental movement.

- 17** Check temporary removal of guardrails or covers is formally controlled and that alternative fall protection is in place before workers are exposed.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Never leave an exposed edge while a guardrail section is temporarily removed.

- 18** Verify completed collective controls have not been altered, removed, overloaded, damaged, or bypassed by following trades, materials, lifting operations, or access changes.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Reinspect collective protection after nearby lifting or structural work.

4. Personal fall arrest, restraint, positioning, anchors, and lifelines

- 19 Verify each worker using personal fall protection has the correct full-body harness, connector, lanyard, self-retracting device, lifeline, rope grab, or positioning equipment for the task.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Personal fall arrest is only effective when every component is compatible.

- 20 Inspect harness webbing, stitching, buckles, D-rings, lanyards, energy absorbers, connectors, self-retracting devices, lifelines, and labels for wear, damage, corrosion, contamination, or impact indicators.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Inspect equipment before use and remove damaged components from service.

- 21 Confirm anchorages and engineered lifeline systems are approved for their intended fall-protection use and are installed, identified, and positioned according to the applicable design or manufacturer requirements.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Anchorage suitability should be confirmed, not assumed from appearance.

- 22 Check the connection method limits free-fall exposure, reduces swing-fall risk, provides sufficient clearance below the worker, and avoids contact with sharp edges or incompatible components.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Calculate clearance and swing-fall exposure before connecting.

- 23 Verify locking connectors close and lock correctly and that workers are not connected to guardrails, unsuitable structural members, lifting hooks, or other unapproved anchorage points.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use only approved attachment points and compatible locking connectors.

- 24 Remove from service any fall-protection equipment that has been impact-loaded, damaged, altered, failed inspection, or is otherwise not suitable for continued use until properly evaluated or replaced.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Impact-loaded equipment needs formal evaluation before any reuse.

5. Scaffolds, mobile towers, platforms, and elevated temporary work systems

- 25 Verify scaffolds and scaffold components are appropriate for the task, erected to the approved design or manufacturer's instructions, and loaded within their intended capacity.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Scaffolds should be designed, erected, loaded, and used for their intended configuration.

- 26 Confirm scaffold platforms are properly decked or planked, free from excessive gaps, secured where required, and kept clear of unnecessary materials and trip hazards.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Fully deck working platforms and control openings around uprights.

- 27 Check scaffold access uses approved ladders, stair towers, integral access, ramps, walkways, or other safe access and that cross braces are not being used as climbing access.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Provide proper scaffold access rather than climbing cross braces.

- 28 Verify guardrails, personal fall protection, or both are provided on scaffolds as required for the scaffold type, work height, and applicable standard.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Match fall protection to the scaffold type and height.

- 29 Confirm a competent person has inspected the scaffold before the work shift and after events that could affect structural integrity, stability, or safe use.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: OSHA requires competent-person inspection before each work shift and after integrity-affecting events.

- 30 Check mobile scaffolds, towers, outriggers, casters, locking devices, ties, foundations, overhead clearances, power-line exposure, weather, and movement controls before use.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Check wind, foundations, wheel locks, ties, and electrical clearances on mobile systems.

6. Ladders, stepladders, fixed ladders, and short-duration access

- 31 Inspect ladders for cracked or bent rails, damaged rungs or steps, missing feet, loose hardware, contamination, corrosion, makeshift repairs, or other structural defects.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Remove damaged ladders from service instead of attempting field repairs.

- 32 Verify the ladder type, duty rating, length, material, and configuration are suitable for the task, user, carried load, environment, and nearby electrical hazards.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Match duty rating and material to the task and environment.

- 33 Confirm portable ladders are placed on stable and level surfaces unless properly secured and are protected from displacement by doors, traffic, equipment, or workplace activity.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Protect ladders from displacement where they are exposed to traffic or doors.

- 34 Check non-self-supporting ladders are set at a safe working angle, extend or otherwise provide safe access at landings as required, and are secured against movement where necessary.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use the correct setup and safe landing access for non-self-supporting ladders.

- 35 Verify workers maintain safe climbing practices, face the ladder, keep suitable hand contact, avoid overreaching, and do not stand on prohibited steps or use ladders in a closed or altered configuration.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Overreaching and standing too high on a ladder are common causes of falls.

- 36 Remove defective ladders from service immediately, identify them so they cannot be reused, and ensure fixed-ladder fall-protection systems are provided where required by the applicable standard.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Fixed-ladder protection requirements depend on the ladder design, age, and applicable standard.

7. Aerial lifts, MEWPs, suspended access, and powered work platforms

- 37 Verify the selected aerial lift, mobile elevating work platform, suspended platform, or powered access system is suitable for the work height, outreach, load, ground conditions, and work environment.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Match the access equipment to outreach, height, ground, and load requirements.

- 38 Confirm required pre-use inspections, equipment condition checks, controls, emergency lowering, alarms, interlocks, tyres, outriggers, guardrails, gates, and platform components are satisfactory.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Test emergency lowering and platform controls during the pre-use check where required.

- 39 Check the operating area for overhead structures, power lines, openings, soft ground, slopes, excavations, traffic, swinging loads, and other collision or stability hazards.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Look above and below the platform before positioning or travelling.

- 40 Verify occupants use required fall restraint or fall arrest equipment and approved attachment points according to the equipment type, manufacturer instructions, site rules, and applicable requirements.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use manufacturer-approved attachment points for occupant fall protection.

- 41 Confirm workers remain inside the platform, do not climb guardrails, do not use makeshift devices to gain extra height, and do not exceed rated capacity or permitted occupancy.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Do not use boxes or ladders inside a platform to gain extra height.

- 42 Verify only trained and authorized operators use powered access equipment and that emergency rescue or lowering arrangements can be carried out if normal controls fail.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Emergency recovery should be possible even when the operator becomes incapacitated.

8. Falling objects, tools, materials, housekeeping, and people below

- 43 Identify work activities that could drop tools, fasteners, debris, materials, equipment, liquids, or components onto workers, public areas, plant, or lower work levels.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Falling-object controls should consider both direct drops and deflection.

- 44 Verify toeboards, screens, mesh, debris nets, catch platforms, canopies, tool tethering, secured containers, or other controls are used where required to prevent falling objects.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Use physical containment where small tools or fasteners could fall through guardrails.

- 45 Check tools and small components used near edges or openings are secured, contained, or positioned so accidental movement cannot send them to lower levels.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Secure hand tools used near open edges where the risk justifies tethering.

- 46 Confirm materials stored on scaffolds, platforms, roofs, and elevated work areas are stable, within load limits, set back from edges, and protected from wind or vibration.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Wind can move stored materials even when workers are not handling them.

- 47 Verify exclusion zones below elevated work are clearly barricaded, communicated, maintained, and wide enough for the actual drop and deflection risk.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Maintain exclusion zones for the full duration of the elevated work.

- 48 Maintain housekeeping so loose debris, trailing materials, packaging, offcuts, cords, hoses, and waste do not create trip hazards or increase the likelihood of falling objects.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Good housekeeping reduces both falls and dropped-object exposure.

9. Weather, electrical exposure, simultaneous operations, supervision, and stop-work

- 49 Check wind, rain, lightning, heat, cold, ice, poor visibility, wet surfaces, and other weather conditions against site stop-work criteria and equipment limitations.

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Weather limits should be defined before the task starts.

- 50 Verify elevated workers, scaffolds, ladders, platforms, tools, and materials maintain required clearance from exposed energized electrical conductors or are protected by approved de-energization or other controls.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Scaffolds and elevated tools can create severe electrical-contact hazards.

- 51 Review cranes, hoists, vehicle movement, material handling, demolition, concreting, roofing, structural work, and other simultaneous operations that could affect work-at-height safety.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Coordinate work-at-height zones with lifting and vehicle routes.

- 52 Confirm competent-person supervision and required inspections are available for scaffolds, fall-protection systems, temporary works, anchors, access equipment, and changing work conditions.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Changing conditions often require competent-person reassessment.

- 53 Verify workers understand stop-work authority and suspend the task if guardrails are removed, anchors are unavailable, equipment is defective, weather deteriorates, access becomes unsafe, or work conditions

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Workers should know exactly when they are expected to stop.

- 54 Record unauthorized changes, bypassed protection, unsafe climbing, poor housekeeping, missing exclusions, repeated noncompliance, or other work-at-height deviations and escalate them promptly.

CRITICAL

HEIGHT CHECK

Compliant

Needs attention

Stop work

N/A

Execution tip: Repeated unsafe behavior should trigger supervision and system-level corrective action.

10. Rescue readiness, training, corrective actions, verification, and sign-off

55 Verify workers exposed to fall hazards have received appropriate training to recognize fall hazards and correctly use the fall-protection systems provided for their work. HEIGHT CHECK

Compliant Needs attention Stop work N/A

Execution tip: Training should cover the fall hazards and protection systems workers will actually use.

56 Confirm rescue planning addresses the actual elevated work method, foreseeable fall scenarios, access to the casualty, suspension risk, communications, rescue equipment, and competent responders. CRITICAL HEIGHT CHECK

Compliant Needs attention Stop work N/A

Execution tip: Rescue plans should match the real work location and access constraints.

57 Check rescue equipment is available, inspected, compatible with the work location, and positioned so response does not rely only on external emergency services where immediate rescue may be necessary. CRITICAL HEIGHT CHECK

Compliant Needs attention Stop work N/A

Execution tip: Check rescue equipment before exposing workers to the fall hazard.

58 Create immediate containment or work restriction for every critical fall hazard, defective access system, missing protection, unsafe scaffold, damaged fall-arrest equipment, or uncontrolled dropped-object CRITICAL HEIGHT CHECK

Compliant Needs attention Stop work N/A

Execution tip: Critical fall hazards require immediate containment before work continues.

59 Assign each finding an owner, priority, due date, root-cause requirement, corrective action, reinspection or verification method, and closure evidence requirement. CRITICAL HEIGHT CHECK

Compliant Needs attention Stop work N/A

Execution tip: Close actions only after verifying the physical control at the workfront.

60 Record the final work-at-height inspection result, critical restrictions, equipment removed from service, rescue readiness, remaining actions, next review date, inspector, supervisor, approver, date, time, and CRITICAL HEIGHT CHECK

Compliant Needs attention Stop work N/A

Execution tip: Record any restrictions that remain after the inspection is signed.

RUN THIS CHECKLIST DIGITALLY

Turn fall hazards into accountable work restrictions, rescue readiness, and closure

Capture height-safety evidence, stop-work actions, owners, reinspection, and approvals in Taqtics.

Try Height Safety in Taqtics