

### **Basic principles of height safety**

- Start with the correct size – every person is built different
- Correct fitment of harness – do a buddy check if possible
- Always attach your lanyard hook as high as possible
- When working at heights you must be secured by at least one attachment point at all times
- When working at heights, avoid working alone
- Commitment – making your safety no 1 priority
- Hazard identification – identify hazards
- Training – how to use the equipment correctly
- Inspect and maintain equipment
- Emergency plan in place