

Low-Height Work Risk Assessment Checklist

Construction Work Below 2 Metres

Important Reminder

Falls from less than 2 metres can still result in serious injury or death. Low-height work must be assessed and controlled before work commences. Notes that working at heights is a leading cause of death and serious injury, and risks exist even where work is below the 2-metre high-risk construction threshold.

Incorporate these or similar checks into your task and daily pre-starts.

1. Identify the Task

- ☐ Ladder work
- ☐ Step platform
- ☐ Trestle scaffold
- ☐ Mobile scaffold
- ☐ Roof access
- ☐ Ceiling space access
- ☐ Elevated work platform
- ☐ Ute/trailer/truck loading area
- ☐ Excavation edge
- ☐ Deck, veranda or balcony work
- ☐ Other: _____

2. Hazard Assessment

Question	Yes	No	N/A
Is there a risk of a person falling from any height?	☐	☐	☐
Is the work surface uneven, slippery or unstable?	☐	☐	☐
Could a worker fall onto reinforcing steel, materials, equipment or other hazards?	☐	☐	☐
Is there poor housekeeping creating trip hazards?	☐	☐	☐
Is the work being performed near an unprotected edge?	☐	☐	☐

Could weather affect safety (wind, rain, heat)?	☐	☐	☐
Is lighting adequate for the task?	☐	☐	☐
Is there a possibility of overreaching while working?	☐	☐	☐
Could tools or materials fall onto persons below?	☐	☐	☐
Are workers inexperienced or unfamiliar with the task?	☐	☐	☐

3. Risk Controls

Eliminate the Need to Work at Height

- ☐ Can the task be completed from ground level?

Fall Prevention

- ☐ Edge protection installed
- ☐ Guardrails installed
- ☐ Work area barricaded
- ☐ Mobile scaffold suitable and inspected
- ☐ Platform ladder used instead of standard ladder
- ☐ Ladder secured top and bottom
- ☐ Three points of contact maintained

Falling Objects

- ☐ Exclusion zone established
- ☐ Materials secured
- ☐ Tools tethered where required

Environmental Conditions

- ☐ Wind conditions acceptable
- ☐ Surface dry and stable
- ☐ Adequate lighting available

Worker Competency

- ☐ Worker instructed in safe work method
- ☐ Appropriate supervision provided
- ☐ PPE inspected and suitable

4. Ladder Safety Check

If ladders are being used:

- ☐ Ladder inspected before use
- ☐ Correct type and height selected
- ☐ Industrial-rated ladder used
- ☐ Placed on firm level ground
- ☐ Secured against movement
- ☐ Worker not standing on top two steps
- ☐ No overreaching required
- ☐ Alternative equipment considered first

Toolbox Talk Prompt

Ask Your Team:

"If I slipped, tripped, or lost my balance from the equipment [ladder, trestle, platform, trench edge] I'm working on, what would I hit on the way down and what injury could result?"

Remember: **Most falls happen when the task seems routine. The fact that the work is below 2 metres does not mean the risk is low.**

MBA ACT WHS Safety Message:

"Below 2 metres does not mean below risk."