



This guidance sets out the basic steps you can take to prevent falls and also provides details of other sources of further information and advice.

What Do I Need to Know?

As with all work at height, there are basic steps you should take to reduce the chances of people falling and being injured. If you can avoid the need for work at height then do so. When you can't avoid working at height you must take steps to prevent falls. If there are any remaining risks of falls you should take steps to minimize them.

Safety Checklist

If you address the issues covered in the following checklist you will be going a long way towards tackling the problem of falls from vehicles.

- Always use all equipment provided to avoid work at height. If work at height is unavoidable then use fall arrest systems if possible, especially when roping and sheeting.
- Don't jump from the lorry or loads.
- Report damaged, loose or inadequate steps and handholds – ensure the steps are safe for you to use
- Report damaged or broken sheeting devices.
- Report slippery surfaces, for example those that are oily or greasy.
- Keep the lorry tidy – avoid creating tripping hazards.
- Wear suitable footwear for the job.
- Ensure steps and work areas are well lit.
- Use edge protection on tail-lifts (where it is fitted).
- Do not walk backwards near the rear or side of the vehicle bed.
- Only use equipment such as ropes, straps, curtains, sheets, nets, etc., if you are sure it is well maintained and in a good state of repair.