






Working from Height Guidance

Version control

The version history must reflect the current status of a document, i.e., whether it is in its draft or approval status. The table shall reflect the date issued / approved, who by, the current version, and a brief statement outlining the amendments made.

Rev:	Status / amendments	By	Date
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Document creation / approval

	Signature	Title	Date
Prepared by: Christopher Warden (Amalgamate – Safety Risk Management Ltd)		Health & Safety Consultant	01.09.2023
Approved By: Jo Dixon on behalf of the H&S Committee	DocuSigned by:  889E63E8056342B...	Head of Human Resources	04-Nov-23 10:49:42 GMT
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sportscotland understand their responsibility to assess and manage any working at height taking place on their premises.

Please note: this guidance does not include roped activity within mountaineering/climbing or other adventure sports activity lead by employees.

Falls from height are the biggest cause of workplace deaths in the UK and one of the main causes of major injuries. The Work at Height Regulations 2005 was enacted to protect employees and others against risks to their health and safety while working at height. The amended 2005 regulations removed the definition of 'work at height' being at least two metres, and placed no minimum height at which work at height considerations apply.

Work at height is work in any place at, above or below ground level where a person could be injured if they fell from that place. This can also include means of access and/or egress to a place of work.

Work at height does not include slips, trips or falls on the same level, nor does it include walking up or down a permanent staircase in a building.

Work at height should be avoided where possible. But when this it is not possible a suitable and sufficient risk assessment must be undertaken and a safe system of work implemented. Any work at height needs to be properly planned in advance of the work activity, appropriately supervised and carried out in a safe manner. Careful consideration should be taken in the selection and use of work equipment, including ladders.

It is the policy of **sportscotland** to avoid working at height activities wherever practical and reduce the risks so far as reasonably practicable when work at height is unavoidable.

Before work from height commences on the premises, a permit to work should be issued to control the hazards on the premises (see Control of Contractors Policy and Maintenance Policy).

Work at height means work in any place where, if there were no precautions in place, a person could fall a distance liable to cause personal injury. For example you are working at height if you:

- Are working on a platform or a flat roof;
- Could fall through a fragile surface; or
- Could fall into an opening in a floor or a hole in the ground.