



## WAHSA RGN 2

Reference Guidance Note 02 (formerly TGN07)

# REFERENCE INFORMATION FOR WORK AT HEIGHT - HSE RESOURCES

A series of informative notes for all industries involved with work at height or rescue.

# WAHSA RGN 2

## Reference Guidance Note 2

### REFERENCE INFORMATION FOR WORK AT HEIGHT – HSE RESOURCES

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## INTRODUCTION

This information sheet is a reference guide to sources of information relating to work at height and rescue in a wide range of industries.

This document is not intended to be exhaustive and readers should be aware that as time passes, there may be material published which does not appear in this guidance note and any internet links given may become obsolete.

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The information contained in this material has been compiled by the Working at Height Safety Association from information that is already in the public domain. The material is intended to provide guidance but does not interpret and apply the law to particular circumstances and cannot be relied upon as advice.

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## CONTENTS

1. HSE Operational Circular	Page 4
2. HSE Industry Guidance	Page 4
3. HSE Leaflets	Page 5
4. HSE Legal Reference	Page 5
5. HSE Topic Inspection Packs	Page 5
6. HSE Videos	Page 6
7. HSE Guidance	Page 7
8. HSE Sector Information Minutes	Page 8
9. HSE Contract Research Reports	Page 8
10. HSE Contract Research Reports	Page 9
11. HSE Information Sheets	Page 11
12. Health & Safety Laboratory Reports	Page 12

## 1 HSE OPERATIONAL CIRCULARS

HSE OC 200/31.

*The Work At Height Regulations 2005.*

[http://www.hse.gov.uk/foi/internalops/ocs/200-299/200\\_31](http://www.hse.gov.uk/foi/internalops/ocs/200-299/200_31)

HSE OC 282/31.

*Rope evacuation from mechanical handling equipment.*

[http://www.hse.gov.uk/foi/internalops/ocs/200-299/282\\_31.htm](http://www.hse.gov.uk/foi/internalops/ocs/200-299/282_31.htm)

HSE OC 314/20.

*Preventing falls from mobile elevating work platforms (MEWPs) and selection and use of fall protection equipment.*

[http://www.hse.gov.uk/foi/internalops/ocs/300-399/314\\_20.htm](http://www.hse.gov.uk/foi/internalops/ocs/300-399/314_20.htm)

## 2 HSE INDUSTRY GUIDANCE

HSE INDG 163.

*Risk assessment. A brief guide to controlling risks in the workplace.*

<http://www.hse.gov.uk/pubns/indg163.pdf>

HSE INDG 258.

*Confined spaces: A brief guide to working safely.*

<http://www.hse.gov.uk/pubns/indg258.pdf>

HSE INDG 284.

*Working on roofs.*

<http://www.hse.gov.uk/pubns/indg284.pdf>

HSE INDG 290.

*Lifting equipment at work. A brief guide.*

<http://www.hse.gov.uk/pubns/indg290.pdf>

HSE INDG 291.

*Providing and using work equipment safely. A brief guide.*

<http://www.hse.gov.uk/pubns/indg291.pdf>

HSE INDG 367.

*Inspecting fall arrest equipment made from webbing or rope.*

<http://www.hse.gov.uk/pubns/indg367.pdf>

HSE INDG 401.

*Working at height. A brief guide.*

<http://www.hse.gov.uk/pubns/indg401.pdf>

HSE INDG 413.

*Preventing falls from vehicles: Advice for workers.*

<http://www.hse.gov.uk/pubns/indg413.pdf>

HSE INDG 422.

*Thorough examination of lifting equipment: A simple guide for employers.*

<http://www.hse.gov.uk/pubns/indg422.pdf>

HSE INDG 455.

*Safe use of ladders and stepladders: A brief guide.*

<http://www.hse.gov.uk/pubns/indg455.pdf>

HSE INDG 446.

*A quick guide to health and safety in ports.*

<http://www.hse.gov.uk/pubns/indg446.pdf>

### 3 HSE LEAFLETS

*Fragile roofs: Safe Working Practices.*

<http://www.hse.gov.uk/pubns/geis5.htm>

### 4 HSE LEGAL REFERENCE

HSE L22.

*Safe use of work equipment. Provision and Use of Work Equipment Regulations 1998. Approved Code of Practice and guidance.*

<http://www.hse.gov.uk/pubns/books/l22.htm>

HSE L25.

*Personal protective equipment at work (Third edition).*

<http://www.hse.gov.uk/pubns/books/l25.htm>

HSE L101.

*Safe work in confined spaces. Confined Spaces Regulations 1997. Approved Code of Practice, Regulations and guidance.*

<http://www.hse.gov.uk/pubns/books/l101.htm>

HSE L113.

*Safe use of lifting equipment. Lifting Operations and Lifting Equipment Regulations 1998. Approved Code of Practice and guidance.*

<http://www.hse.gov.uk/pubns/books/l113.htm>

### 5 HSE TOPIC INSPECTION PACKS

HSE Topic Inspection Pack.

*Falls From Height. January 2007.*

<http://www.hse.gov.uk/foi/internalops/fod/inspect/falls.pdf>

## 6 HSE VIDEOS

HSE Video.

*A sixty foot fall and then what? Ian Whittingham.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*The dangers of taking the short cut – by one who knows. Ian Whittingham.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Falls from height. Melvyn Clarkson.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Falls from height. Chris Wareing.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*“Working at Height”: how high is that, then? Chris Wareing.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Takes the wrong steps and the quick way down. Gareth Tyte.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Insist on safety nets when working at heights. Peter Dowdles.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Avoid danger from hoists by having proper training. Lee Reed.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*An unsecured ladder is the cause of a painful fall. Brian Shrimpton.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Shortcuts can cause fatal accidents. Susan Smith.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*A fall from an unsecured platform results in injuries and a new phobia. Tim Beeson.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*The cost of saving his worker's life. Reg Moore.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*Fatal accident results from working alone in construction. Sandra Pinder.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*An unsecured ladder causes a serious fall. Mark Winstanley.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*A fall from a vehicle ladder leads to a leg brace for life and retraining for a new career.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*A lesson learned the hard way – tie ladders at the top when working in difficult conditions. Darryl Wort.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

HSE Video.

*The value of a safety harness to break your fall. Eddie Nimmo.*

<http://www.hse.gov.uk/campaigns/worksmart/videos/#construction>

## 7 HSE GUIDANCE

HSE HSG33.

*Health and safety in roof work.*

<http://www.hse.gov.uk/pubns/books/hsg33.htm>

HSE HSG150.

*Health and safety in construction.*

<http://www.hse.gov.uk/pubns/priced/hsg150.pdf>

HSE HSG221.

*Technical guidance on the safe use of lifting equipment offshore.*

<http://www.hse.gov.uk/pubns/books/hsg221.htm>

HSE AFAG401.

*Tree-climbing operations.*

<http://www.hse.gov.uk/pubns/afag401.pdf>

HSE AFAG402.

*Aerial tree rescue.*

<http://www.hse.gov.uk/pubns/afag402.pdf>

HSE AFAG403.

*Mobile elevating work platforms (MEWPs) for tree work.*

<http://www.hse.gov.uk/pubns/afag403.pdf>

## 8 HSE SECTOR INFORMATION MINUTES

HSE SIM 02/2010/04.

*The management of temporary works in the construction industry.*

[http://www.hse.gov.uk/foi/internalops/sims/constrct/2\\_10\\_04.htm](http://www.hse.gov.uk/foi/internalops/sims/constrct/2_10_04.htm)

HSE SIM 03/2007/15.

*Use of fall arrest systems in steel stockholders.*

[http://www.hse.gov.uk/foi/internalops/sims/manuf/3\\_07\\_15.htm](http://www.hse.gov.uk/foi/internalops/sims/manuf/3_07_15.htm)

HSE SIM 03/2009/12.

*Falls from height in mineral industries (ceramic, concrete and glass).*

[http://www.hse.gov.uk/foi/internalops/sims/manuf/3\\_09\\_12.htm](http://www.hse.gov.uk/foi/internalops/sims/manuf/3_09_12.htm)

HSE SIM 05/2002/52.

*Preventing falls from height during aircraft maintenance.*

[http://www.hse.gov.uk/foi/internalops/sims/cactus/5\\_02\\_52.htm](http://www.hse.gov.uk/foi/internalops/sims/cactus/5_02_52.htm)

HSE SIM 05/2003/58.

*Preventing falls from height during maintenance at helicopters (rotary wing aircraft).*

[http://www.hse.gov.uk/foi/internalops/sims/cactus/5\\_03\\_58.htm](http://www.hse.gov.uk/foi/internalops/sims/cactus/5_03_58.htm)

HSE SIM 05/2005/05.

*Preventing falls from height from, or when opening or closing aircraft doors.*

[http://www.hse.gov.uk/foi/internalops/sims/cactus/5\\_05\\_05.htm](http://www.hse.gov.uk/foi/internalops/sims/cactus/5_05_05.htm)

HSE SIM 05/2008/05.

*Container top safety frames.*

[http://www.hse.gov.uk/foi/internalops/sims/cactus/5\\_08\\_05.htm](http://www.hse.gov.uk/foi/internalops/sims/cactus/5_08_05.htm)

HSE SIM 05/2009/01.

*Reducing the risk of falls from tail-lifts.*

[http://www.hse.gov.uk/foi/internalops/sims/cactus/5\\_09\\_01.htm](http://www.hse.gov.uk/foi/internalops/sims/cactus/5_09_01.htm)

## 9 HSE CONTRACT RESEARCH REPORTS

HSE CRR22/1990.

*An investigation of tree climbing harnesses and climbing techniques.*

[http://www.hse.gov.uk/research/crr\\_pdf/1990/crr90022.pdf](http://www.hse.gov.uk/research/crr_pdf/1990/crr90022.pdf)

HSE CRR85/1996.

*Energy absorbers for tree surgeons. An investigation of fall distances for tree climbers equipped with sit harness or with full harness.*

[http://www.hse.gov.uk/research/crr\\_pdf/1996/crr96085.pdf](http://www.hse.gov.uk/research/crr_pdf/1996/crr96085.pdf)



HSE CRR364/2001.

*Industrial rope access – Investigation into items of personal protective equipment.*

[http://www.hse.gov.uk/research/crr\\_html/2001/crr01364.htm](http://www.hse.gov.uk/research/crr_html/2001/crr01364.htm)

HSE CRR411/202.

*Analysis and evaluation of different types of test surrogate employed in the dynamic performance testing of fall-arrest equipment.*

[http://www.hse.gov.uk/research/crr\\_html/2002/crr02411.htm](http://www.hse.gov.uk/research/crr_html/2002/crr02411.htm)

HSE CRR418/2002.

*Ergonomics evaluation into the safety of stepladders. Phase 1 – Literature and standards review.*

[http://www.hse.gov.uk/research/crr\\_html/2002/crr02418.htm](http://www.hse.gov.uk/research/crr_html/2002/crr02418.htm)

HSE CRR423/2002.

*Ergonomics evaluation into the safety of stepladders. Phase 2 – Literature and standards review.*

[http://www.hse.gov.uk/research/crr\\_html/2002/crr02423.htm](http://www.hse.gov.uk/research/crr_html/2002/crr02423.htm)

HSE CRR429/2002.

*Thorough examination and inspection of particular items of lifting equipment.*

[http://www.hse.gov.uk/research/crr\\_html/2002/crr02429.htm](http://www.hse.gov.uk/research/crr_html/2002/crr02429.htm)

HSE CRR451/2002.

*Harness suspension. Review and evaluation of existing information.*

[http://www.hse.gov.uk/research/crr\\_html/2002/crr02451.htm](http://www.hse.gov.uk/research/crr_html/2002/crr02451.htm)

## 10 HSE CONTRACT RESEARCH REPORTS

HSE RR065.

*Development of a methodology for the assessment of human factors issues relative to trips, slips and fall accidents in the offshore industries.*

<http://www.hse.gov.uk/research/rrhtm/rr065.htm>

HSE RR116.

*Falls from height – Prevention and risk control effectiveness.*

<http://www.hse.gov.uk/research/rrhtm/rr116.htm>

HSE RR123.

*Use and effectiveness of mobile elevating work platforms (MEWPS) for tree work.*

<http://www.hse.gov.uk/research/rrhtm/rr123.htm>

HSE RR201.

*Recidivist risk takers who work at height.*

<http://www.hse.gov.uk/research/rrhtm/rr201.htm>

HSE RR205.

*Evaluating the performance and effectiveness of ladder stability devices.*

<http://www.hse.gov.uk/research/rrhtm/rr205.htm>

HSE RR234.

*Improving health and safety in construction: Phase 2 – Depth and breadth: Volume 5 – Falls from height: Underlying causes and risk control in the construction industry.*

<http://www.hse.gov.uk/research/rrhtm/rr234.htm>

HSE RR258.

*Preliminary investigation into the fall-arresting effectiveness of ladder safety hoops.*

<http://www.hse.gov.uk/research/rrhtm/rr258.htm>

HSE RR266.

*A review of criteria concerning design, selection, installation, use, maintenance and training aspects of temporarily-installed horizontal lifelines.*

<http://www.hse.gov.uk/research/rrhtm/rr266.htm>

HSE RR268.

*Developing a prototype decision aid for determining the risk of work systems at height when using temporary access systems.*

<http://www.hse.gov.uk/research/rrhtm/rr268.htm>

HSE RR302.

*A technical guide to the selection and use of fall prevention and arrest equipment.*

<http://www.hse.gov.uk/research/rrhtm/rr302.htm>

HSE RR342.

*Revision of body size criteria in standards – Protecting people who work at height.*

<http://www.hse.gov.uk/research/rrhtm/rr342.htm>

HSE RR356.

*New perspectives on falls from height – Identifying high profile areas for intervention.*

<http://www.hse.gov.uk/research/rrhtm/rr356.htm>

HSE RR478.

*Evaluating the stability requirements for mounting and dismounting from the top of leaning ladders.*

<http://www.hse.gov.uk/research/rrhtm/rr478.htm>

HSE RR508.

*Evaluation into the success of occupational health and safety regulators and organisations use of expert systems.*

<http://www.hse.gov.uk/research/rrhtm/rr508.htm>

HSE RR521.

*First evaluation of the impact of the work at height regulations. First evaluation of the removal of the “two metre rule”.*

<http://www.hse.gov.uk/research/rrhtm/rr521.htm>

HSE RR572.

*HSE “Height Aware” campaign evaluation.*

<http://www.hse.gov.uk/research/rrhtm/rr572.htm>

HSE RR663.

*Falls from vehicles: Campaign evaluation.*

<http://www.hse.gov.uk/research/rrhtm/rr663.htm>

HSE RR668.

*Evaluation of current rigging and dismantling practices used in arboriculture.*

<http://www.hse.gov.uk/research/rrhtm/rr668.htm>

HSE RR708.

*Evidence-based review of the current guidance on first aid measures for suspension trauma.*

<http://www.hse.gov.uk/research/rrhtm/rr708.htm>

HSE RR814.

*Evaluation of the simplified lifting operations and lifting equipment leaflet (LOLER).*

<http://www.hse.gov.uk/research/rrhtm/rr814.htm>

HSE RR835.

*Evaluation of safety nets by experiment.*

<http://www.hse.gov.uk/research/rrhtm/rr835.htm>

HSE RR845.

*Evaluation of Construction (Design and Management) Regulations 2007: Pilot study.*

<http://www.hse.gov.uk/research/rrhtm/rr845.htm>

HSE RR960.

*Mobile elevated work platforms – Phase 3.*

<http://www.hse.gov.uk/research/rrhtm/rr960.htm>

HSE RR961.

*Mobile Elevated Work Platform (MEWP) incident analysis.*

<http://www.hse.gov.uk/research/rrhtm/rr961.htm>

HSE RR978.

*Access equipment for construction work at height in residential properties.*

<http://www.hse.gov.uk/research/rrhtm/rr978.htm>

## 11 HSE INFORMATION SHEETS

HSE GEIS6.

*The selection, management and use of mobile elevating work platforms.*

<http://www.hse.gov.uk/pubns/geis6.pdf>

HSE CIS60.

*Roof repair work. What you need to know as a busy builder.*

<http://www.hse.gov.uk/pubns/cis60.pdf>

HSE GEIS5.

*Fragile roofs. Safe working practices.*

<http://www.hse.gov.uk/pubns/geis5.pdf>

HSE ETIS1.  
*Safety in broadcasting sports events.*  
<http://www.hse.gov.uk/pubns/etis1.pdf>

HSE ETIS6.  
*Working at heights in the broadcasting and entertainment industry.*  
<http://www.hse.gov.uk/pubns/etis6.pdf>

HSE CIS47.  
*Inspection and reports.*  
<http://www.hse.gov.uk/pubns/cis47.pdf>

HSE HSIS4.  
*How the Lifting Operation and Lifting Equipment Regulations apply to health and social care.*  
<http://www.hse.gov.uk/pubns/hsis4.pdf>

HSE HSIS5.  
*Falls from windows or balconies in health and social care.*  
<http://www.hse.gov.uk/pubns/hsis5.pdf>

HSE CIS49.  
*General access scaffolds and ladders.*  
<http://www.gedling.gov.uk/media/documents/planningbuildingcontrol/Scaffolding%20guidance.pdf>

## 12 HEALTH & SAFETY LABORATORY REPORTS

HSL/2002/16.  
*Assessment of factors that influence the tensile strength of safety harness and lanyard webbings.*  
<http://www.hse.gov.uk/research/hsl/hsl02-16.htm>

HSL/2002/17.  
*Assessment of factors that influence the tensile strength of safety harness and lanyard webbings.*  
<http://www.hse.gov.uk/research/hsl/hsl02-17.htm>

HSL/2003/09.  
*Survivable Impact Forces on Human Body Constrained by Full Body Harness.*  
[http://www.hse.gov.uk/research/hsl\\_pdf/2003/hsl03-09.pdf](http://www.hse.gov.uk/research/hsl_pdf/2003/hsl03-09.pdf)

HSL/2003/17.  
*Scaffold Fan Testing.*  
[http://www.hse.gov.uk/research/hsl\\_pdf/2003/hsl03-17.pdf](http://www.hse.gov.uk/research/hsl_pdf/2003/hsl03-17.pdf)

HSL/2003/18.  
*Karabiner Safety In The Arboriculture Industry.*  
[http://www.hse.gov.uk/research/hsl\\_pdf/2003/hsl03-18.pdf](http://www.hse.gov.uk/research/hsl_pdf/2003/hsl03-18.pdf)

HSL/2005/04.

*Safety of workers when accessing the top of tank containers.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2005/hsl0504.pdf](http://www.hse.gov.uk/research/hsl_pdf/2005/hsl0504.pdf)

HSL/2005/10.

*Falls on Stairways – Literature Review.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2005/hsl0510.pdf](http://www.hse.gov.uk/research/hsl_pdf/2005/hsl0510.pdf)

HSL/2006/37.

*Development of a technique to measure the dynamic loading of safety harness and lanyard webbing.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2006/hsl0637.pdf](http://www.hse.gov.uk/research/hsl_pdf/2006/hsl0637.pdf)

HSL/2007/46.

*Impact Effects on Scaffold from Safety Harness Attachments.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2007/hsl0746.pdf](http://www.hse.gov.uk/research/hsl_pdf/2007/hsl0746.pdf)

HSL/2007/34.

*Factors affecting the strength of safety harness and lanyard materials – combinations of effects.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2007/hsl0734.pdf](http://www.hse.gov.uk/research/hsl_pdf/2007/hsl0734.pdf)

HSL/2007/12.

*Assessment of the effects of different types of abrasion on the tensile strength of safety harness and lanyard webbings.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2007/hsl0712.pdf](http://www.hse.gov.uk/research/hsl_pdf/2007/hsl0712.pdf)

HSL/2007/27.

*Falls from Height: Evaluation of a Pilot Project to Address Falls in the Classroom.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2007/hsl0727.pdf](http://www.hse.gov.uk/research/hsl_pdf/2007/hsl0727.pdf)

HSL/2007/39.

*Analysis of RIDDOR Data 2000 to 2005 – Falls from Vehicles.*

[http://www.hse.gov.uk/research/hsl\\_pdf/2007/hsl0739.pdf](http://www.hse.gov.uk/research/hsl_pdf/2007/hsl0739.pdf)