SAFE OVER SUMMER

Working at Heights

Cleaning & Soft FM

Cleaning often involves low-level height work — step ladders, stools, or reaching high areas. Falls from even one meter can cause serious injury. Stability, grip, and safe movement make the difference between a close call and a serious incident.

Primary Risks & Hazards to Spot

- Overreaching or unstable footing
- Wet or slippery floors during cleaning
- Damaged or unsecured step ladders
- Using furniture or bins to reach height
- Carrying loads while climbing
- Poor visibility or cluttered areas

Discuss / Share:

What's the most common unsafe height practice you've seen on site?

Do you know where approved step ladders are stored?

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Critical Controls

- Use approved step ladders only; never climb on furniture
- Inspect steps and anti-slip feet before each use
- Keep work area dry and clear of trip hazards
- Maintain 3 points of contact and face the ladder
- Never carry heavy items while climbing — pass or use equipment lift
- Report any damaged ladders immediately
- Stop and reassess if the task is above your reach capability

Discuss / Share:

When was the last time you replaced or tagged out a ladder?