

WORKING AT HEIGHT

1 General

All work must be planned, arranged and carried out so that accidents caused by falling or falling objects are prevented (The Work Environment Act and its regulations). Before starting work at height, an evaluation must be made of whether there is a need to carry out a JSA (see HMSS-331).

To carry out work where fall protection is required, one must have undergone the statutory training.

2 Protective equipment when working at heights above 2 metres and from baskets or skylifts

2.1 Safety helmets

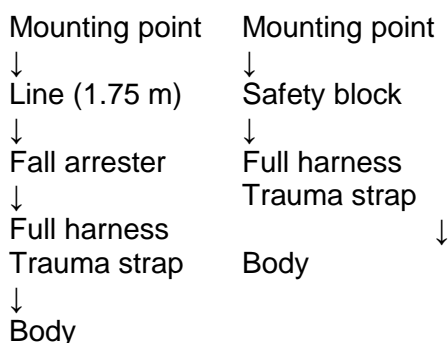
A chin strap or folded down hearing protection must be worn to prevent the safety helmet from falling off.

2.2 Fall protection

Fall protection must always be equipped with a full harness. If the fall protection is not used with a safety block, it must also be used with a fall arrester and extending line (max 1.75 m).

The protection must be secured in an approved mounting point (1500kg). If a safety block is used, a fall arrester or extending line is not needed. The line must never extend more than 0.5 m.

Correct fall protection must look like the following:



3 Available fall protection

3.1 Permanent fall protection systems

Permanent fall protection is in place at the chimneys at PVC, Operations service **and PVC loading**.

Equipment for this (rope grabs, safety carabiners and safety harnesses with D-ring on the chest) can be obtained from the tool store:

3.2 Separate fall protection

There are a number of sets of fall protection equipment within the company. These must be marked with a serial number on a tag (must not be stamped on the items) and stored in the tool store or relevant department.

3.3 Inspection

Fall protection must be inspected by the manufacturer annually or after a fall. At the annual inspection, the departments are responsible for sending the fall protection to the HSE department, which is responsible for coordination. In the event of a fall, the equipment (harness, fall arrester, safety block) is sent to the HSE department.

Instruction SKA108.1-03 is a list of approved fall protection.

3.4 Care

After use, the harness can be washed with a mild soap solution, scrubbed lightly and dried at normal room temperature. (NOTE! Do not machine wash).

3.5 Purchasing/requisition of harnesses

When purchasing harnesses **for INOVYN**, contact the HSE department for advice. Harnesses are available as stores parts in sizes small, medium and large.

The tool store lends harnesses to own and contracted personnel, definition according to GAA-4.06-06 (point 7). When lending, the supervisor must be satisfied that the persons can use the equipment correctly.

For project work and contracted services, definition according to GAA-4.06-06 (point 7) the supplier must provide their own harnesses.

Drivers who shall use the fixed system at PVC loading must bring their own harnesses and be trained to use them.

4 Thunderstorms

In event of thunderstorms, work at height must be risk assessed and stopped if necessary.

5 Further action to minimise the risk of falling

- Rescue plans are designed for work/worksites that require fall protection, **or use this routine, see Section 6**
- Training for self-checking of fall protection.
- Own checks of harnesses and other equipment.
- Never work alone when working at height.
- Check that the safety boom is closed when coming up to a landing level via a companionway.
- Safety railings must not be removed to lift equipment in and out, without the area being cordoned off or a standby person appointed to keep watch. The standby person must not leave their post while the railing is removed.
- Grilles must not be removed without the area being cordoned off or a standby person appointed to keep watch, the standby person may not leave their post while the grille is removed.
- Before working from baskets and skylifts, carry out a check (HMSS-321).
- Fall protection must be used when working from baskets or skylifts.
- Before working from scaffolding, check that it has been inspected.
- Modifications to scaffolding may only be carried out by trained scaffolders.
- When working from ladders, the ladder must be secured or a ladder guard used.
- Harnesses must be equipped with "trauma straps"

6 Rescuing someone hanging from fall protection

Contact the gate security, Tel 660, who will alert the **ambulance** and emergency services. If the person is conscious, try to get them to keep moving. Never lay down someone who has hung from a harness. Hurry the response if the person is unconscious, there is a risk of "suspension trauma".

PVC loading has a specific rescue plan for working in harnesses which also is described in the instruction "ATG-02-UTL Fallsele i bulkarean".

7 Falling objects

Where there is a risk that accidents may occur because of falling objects, tools and other equipment must be secured. A safety net or safety lines are counted as securing.

Remember:

- that tools must not be transported hanging from a safety line
- to lift tools and equipment with a crane
- not to take more tools than required for the job
- to check that no one is below the workplace during critical work procedures
- if necessary, to cordon off the area
- to keep the work place clear of unnecessary equipment.

8 Rope access

- All rope access workers must be correctly trained and certified to carry out the work.
- At **INOVYN**, the training standards IRATA and SPRAT apply.
- For rope access work, the certification must be valid and the documentation available on site.
- There must be at least one certified "rope access supervisor" present.
- All tasks requiring rope access must be carried out by at least two, specially trained and certified people.
- Rope access must be carried out using at least two rope systems, which are independent of each other. Normally one working rope and one safety rope are used.
- Medical examination to AFS 2005:06 and service certification for mast/pole work.
- All equipment must be EN and CE approved and labelled, inspected and logged according to Swedish law.
- Ropes that are used must be chemical and heat resistant.

Risk analysis and rescue plan

During all rope access work, there must be a risk analysis and a plan to rescue all involved rope access workers from all feasible situations (rescue plan). There must be equipment at the work site to ensure that the rescue plan can be implemented. There must be personnel who are certified to carry out the relevant rescue. There must also be efficient communication.