

Work at Height Regulation 2005

The Work at Height Regulation 2005 is a completely new set of Regulations that were introduced in April 2005. There were two previous regulations of work at height, these were;

- The Workplace Regulations 1992
- The Construction Regulations 1996

The purpose of this regulation is to prevent a fall from any height and to prevent falling objects. A fall from a height can be anything where the person's feet are not touching the ground.

These are the key regulations within this document.

Regulation 4 – organisation and planning.

Regulation 5 – competence

Regulation 6 – avoidance of risks from work at height

Regulation 7 – selection of equipment for work at height

Regulation 8 – requirements for particular work equipment

Regulation 9 – fragile surfaces

Regulation 10 – Falling objects

Regulation 11 – danger areas

Regulation 12 – inspection of work equipment

Regulation 13 – inspection of places or work at height

Regulation 14 – duties of persons at work

Further reading on relevant regulations is available on the HSE website.

The *Work at Height Regulations 2005, Safe use of ladders and stepladders* and a *toolbox talk* is available free of charge from the HSE website at www.hse.gov.uk