

	<b>WORKING AT HEIGHT CRITICAL RISK CONTROL STANDARD</b>	Document ID	TNCL-DEPT-STD-0005
		Document Owner	OHSS Manager
		Revision	01
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# WORKING AT HEIGHT CRITICAL RISK CONTROL STANDARD TNCL-OHSS-STD-0005



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**APPROVALS:**



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## 1. INTRODUCTION

### 1.1 Purpose of the Standard

This standard underpins Tembo Nickel safety vision that “every person goes home safe and healthy everyday” by proactively managing risks associated with identified Fatal/Critical Risks through the development and implementation of standards. This standard applies to all Tembo Nickel exploration, development, construction, operation, closure sites, and areas under Tembo Nickel’s control.

The purpose of this standard is to eliminate the potential for fatalities, injuries, and incidents arising from risks related to **Fall from Heights** operations. **Fall From Heights** work has been identified by Tembo Nickel as one of our Fatal Risks. This Fatal Risk Standard has been developed by evaluating industry best practices and our own learnings from fatalities and serious injuries. The critical controls that are identified in this Fatal Risk Standard are the minimum requirements that shall be in place and implemented in conjunction with the Tembo Nickel’s Risk Management Standard to ensure that the risks are effectively controlled. This standard and supporting documents detail the minimum controls that shall be implemented and may be supplemented by procedures at the site level. Procedures implemented at the site level may include local or regional statutory requirements or site-specific requirements based on infrastructure or specialized equipment.

Any intended deviation from the requirements set forth in this Fatal Risk Standard shall be formally requested and approved through the following steps:

1. A detailed motivation is drafted clearly describing why the requirements of this standard are inappropriate in the specific circumstances and/or why and how the risks associated with the requirements can be otherwise mitigated.
2. A detailed, multi-disciplinary risk assessment is conducted detailing which alternative control measures are prescribed to adequately address the fatal risk.
3. A formal approval is obtained from the region’s Head of Sustainability and the Chief Operating Officer confirming that the alternative control measures adequately control the fatal risk and that any risk that may remain is understood, tolerable for the organization, and in line with Tembo Nickel’s Journey to Zero harm.

### 1.2 Scope of the Standard

This Standard applies to all Tembo Nickel Employees, Contractors, Consultants and all service providers at Tembo Nickel Premises and all operational sites.

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## 2. DEFINITION AND ABBREVIATIONS

### 2.1 Definition of Terms

Term	Definition
Non-Routine Work	Tasks or activities that are irregular, and unplanned, and do not have an associated procedure.
Working at height	Working at height refers to any work where a person could fall from one level to another and suffer injury. This includes: <ul style="list-style-type: none"> <li>Working on roofs, scaffolds, ladders, elevated work platforms (EWPs), towers, and structures.</li> <li>Working near open edges, floor openings, pits, or excavations.</li> <li>Accessing elevated equipment or plant</li> </ul>
Critical Risk	Is a risk that has the potential to cause a fatality, permanent disability, multiple serious injuries, significant environmental damage, major asset loss, or severe business interruption if it is not effectively controlled.  Critical risks are typically associated with high-consequence activities where the outcome of a failure can be catastrophic, even if the likelihood of occurrence is low.
Critical Risk Control	Is a specific measure, system, or action that is essential for preventing a critical risk from resulting in a fatality, serious injury, major environmental incident, or significant asset loss.  Critical controls are the most important safeguards that either: <ul style="list-style-type: none"> <li>Prevent a high-consequence event from occurring; or</li> <li>Mitigate the consequences if the event occurs.</li> </ul>
Spotter	Person designated to assist worker(s) who are performing tasks at elevated positions, greater than 1.8m. Their primary role is to watch others working at height for any potential hazard. They may also help guide equipment and materials safely to and from the work area
Non-Certified Anchor Point	Shall be independent of any anchorage being used to support or suspend temporary platforms (e.g. suspension scaffolds), be capable of supporting at least 5,000 pounds (22.2 kN) per worker attached, ensure that in the event of a fall the worker will neither

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	create a swing fall/ pendulum effect nor contact a lower surface and where practical, be above the head of the worker. If the anchorage point is not above the head of the worker, the complete fall arrest system shall be designed by the manufacturer to support the force of the increased loads that will be applied to it in the event of a fall. The system shall still limit the maximum arrest force on a worker to 1,800 pounds (8.0kN) or less.
Certified Anchor Point	Shall be designed, installed, and used under the supervision of a qualified person as part of a complete fall arrest system which maintains a safety factor of at least two.
Competent Person	In the context of working at heights, is a person who possesses all of the following: <ul style="list-style-type: none"> <li>• Is qualified because of knowledge, training, and experience to organize the work and its performance.</li> <li>• Is familiar with legislation and company standards that apply to the work.</li> <li>• Has knowledge of any potential or actual danger to health or safety in the workplace</li> </ul>
Fall Distance	Distance required to prevent workers from hitting the ground or lower level, in case of a fall (Fall distance = length of lanyard + tear-out distance deceleration distance + height of user + safety margin factor 1.5 ft).
D-ring	Is a metal attachment point on a full-body safety harness used to connect fall-protection equipment such as lanyards, self-retracting lifelines (SRLs), positioning devices, or rescue systems.
Open Hole	All vertical and subvertical openings including ore-passes, stopes, rises and shafts where there is a risk of falling.
Rescue Plan	The minimum elements of a rescue plan are to include a communication plan to initiate a rescue, use of a spotter, ability to deploy trauma straps, approach to high angle rescue, and ensure that the plan is in place and available.
Self-Rescue Plan	Actions taken by a worker suspended in a harness after a fall and while awaiting rescue. Includes the use of trauma straps to redistribute their weight to take potentially damaging stress off their

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	body
Self-Retracting Lifeline (SRL)	A device that contains a drum wound line that automatically locks at the onset of a fall to arrest the user, but that pays out from and automatically retracts onto the drum during normal movement of the person to whom the line is attached. After onset of a fall, the device automatically locks the drum and arrests the fall. Self-retracting devices include self-retracting lanyards (SRLs), self-retracting lanyards with integral rescue capability (SRL-Rs), self-retracting lanyards, personal (SRL-Ps), and hybrid combinations of these.
OSHA	Occupation Safety and Health Authority
TNCL	Self-Retracting Lifeline
OHSS	Occupation Health Safety and Security
SRL	Self-Retracting Lifeline
SRL-Ps	Self-Retracting Lifelines – Personal.
SRL-Rs	Self-Retracting Lifelines with Rescue Capability

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### 3. RISKS

Inherent risks exist when working at heights. These risks include, but not limited to:

- Falling from height
- Rescue response time
- Items falling on personnel working below work platforms

### 4. CRITICAL CONTROLS

Critical Controls have been identified for managing risks when working at heights. These include, but not limited to:

- Fall Prevention, Fall Restraint or Fall Arrest Equipment
- 100% always tie off at all times on approved anchor points
- Certified elevated working platforms
- Barriers and edge protection
- Rescue Plan for Fall from Heights

### 5. SAFE BEHAVIOUR

When working at heights, follow these safe behaviours:

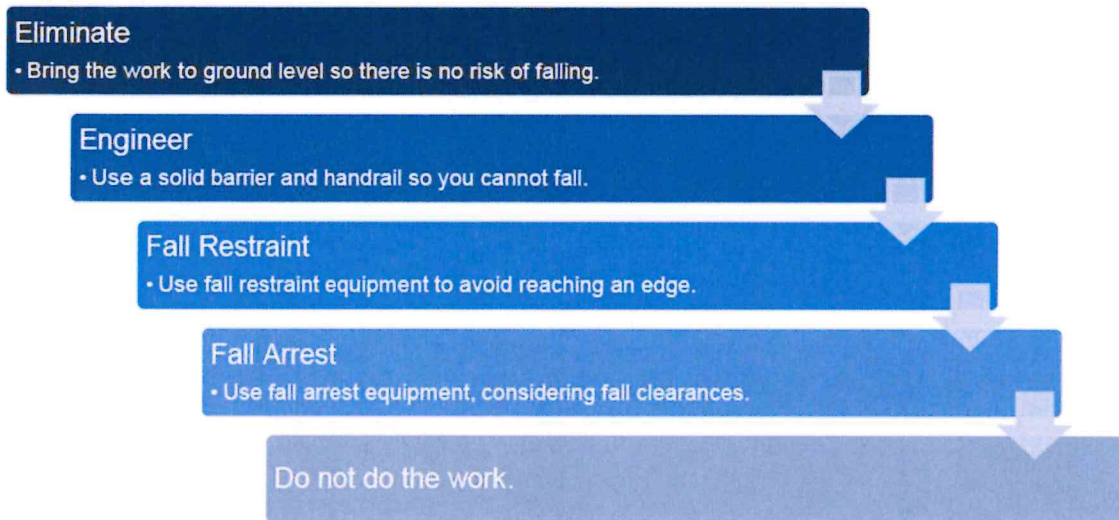
- Select proper fall protection/prevention equipment through risk assessment.
- Wear inspected and approved fall protection harness.
- Secure tools and work materials to prevent dropped objects and barricade lower levels for potential falling objects.
- Tie off 100% to approved anchor points.
- Ensure rescue plan is in place.
- Be trained and authorized to fully understand how the fall protection system functions
- Know your fall distance.

### 6.FALL FROM HEIGHT CONTROLS

#### 6.1 Planning

Minimize the need to work at heights (e.g., see if the job can be done from the ground instead), or provide a secure working area when there is a potential to fall from heights. Follow the hierarchy of controls to select the appropriate control measures

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**Figure 1: Hierarchy of Control for Working at Height**

Where a secure working area cannot be established and there is a risk of falling more than 1.8 meters (6 feet) use:

- Height-accessing equipment (mobile platforms, ladders, scaffolds)
- Fall prevention equipment
- Fall protection equipment
- Establish barricade and exclusion zones below areas of work
- Calculate fall distance associated with equipment used

Supervisors (or designees) shall evaluate work areas to ensure workers are not inadvertently exposed to fall hazards prior to starting work.

Other key aspects are:

- Manufacturer's requirements and recommendations of all tools, material, and equipment associated with fall protection systems shall always be followed.
- A Working at Heights permit must be completed for non-routine tasks before any work begins

## 6.2 Fall Prevention and Fall Protection

Use suitable fall prevention (fall restraint) or fall protection (fall arrest) equipment when:

- Working at height more than 1.8 meters (6 feet).
- Working within 3 meters (10 feet) of unprotected edge.

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- Working within 5 meters (15 feet) of an open vertical hole when working underground.

Fall prevention and fall protection equipment must be:

- Tested and certified (registered and tagged) when issued and then annually by a Competent Person.
- Inspected by the user before use.
- Destroyed following a fall or where inspection identifies damage, defects, or expired date.
- The use of body belts/or miner's belts for fall arrest or restraint shall not be permitted.

### 6.2.1 Fall Prevention Equipment (Fall Restraints)

Fall prevention equipment must include a full-body harness with a non-shock absorbing lanyard of sufficient length to prevent a fall.

Fall prevention equipment is required when personnel are working within the ten foot (3m) horizontal rule (i.e., the edge of an open hole, next to excavations or trenches greater than six feet deep with vertical walls). Safe access shall be provided, and a Fall Restraint System will be designed, engineered, and implemented at the time of the task.

Other key elements when using fall prevention equipment:

- Fall prevention equipment must have an anchor point capable of withstanding at least 4.4kN (1,000 pounds of force). This anchor rating is for restraint ONLY.
- The anchor point must be selected or designed by a Competent Person.
- Visual demarcation lines and/or signage must be utilized as warnings to identify fall hazards and indicate that a Fall Restraint System is required beyond this point. These visual demarcations must be visible from each point of entrance into the area.
- Protect or pad the edge if a fall protection system is used where the lifeline could encounter the edge. To eliminate the exposure while protecting

### 6.2.2 Fall Protection Equipment (Fall Arrest)

Fall protection equipment must include a shock-absorbing system attached to the dorsal D-ring (shock-absorbing lanyard or Self-Retracting Lifeline (SRL)) of sufficient length to prevent impact with the ground.

Fall protection equipment is required when working greater than 1.8 meters (6 feet) of a fall hazard and must always maintain 100% tie-off. Fall protection equipment must be attached to the harness dorsal D-ring with the other end of the lanyard(s) secured to a tie-off anchor point capable of withstanding at least 22.5kN (5,000 pounds of force). If the tie-off support on the

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structure is in question, personnel shall stop work and contact their supervisor. Handrails should not be used as anchor points, unless engineered to hold a 22.5kN (5,000 pounds).

Other key elements when using fall protection equipment:

- No person shall work alone when the task(s) being performed requires the use of a Fall Arrest System.
- Positive communication must be maintained between ground watch and personnel working at heights.
- If a Fall Arrest System is required for a task, a rescue plan must be developed, agreed on, and communicated to all personnel involved in the task.
- Lanyards or SRLs shall not be linked together or knotted.
- Where the work method requires persons to detach and re-attach at height, a 100% tie-off system shall be utilized to ensure that at least one connection point is always maintained.
- Persons working at height shall ensure that their safety helmets/hardhats are secured from falling by using a chinstrap to retain the helmet on the head.
- Maintain a register of fall protection and prevention equipment and record annual inspection dates within the register.
- Underground sites shall be demarcated and provide signage at the 5m (15 feet) point where no further travel is permitted without a fall protection system in place.
- Use fall protection equipment with available trauma straps that can be deployed after a fall.
- Use spotters and adjust rescue requirements based on the risk.

### 6.3 Handrails

Permanent handrails (Rail used to provide workers with handhold for support) and temporary guardrails shall be in compliance with all local legal obligations and regulations. Guardrail systems (Barrier erected along an unprotected or exposed side, edge, or other area of walking-working surface to prevent works from falling to a lower level) shall be horizontally installed. The use of diagonal or vertical installed material as guardrail is prohibited.

### 6.4 Anchor Points

Anchor points must be rated to take the required load and be designed by an engineer and installed by a Competent Person capable of assessing the integrity of structures and anchor points.

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- Permanent anchor points must be periodically inspected and associated inspection records should be retained in a site register.
- Engineers will certify a tie off point below 22.5kN (5,000 pounds) (2 to 1 safety factor) depending on their fall protection equipment specification to use. Where it is not practicable to install dedicated anchor points (i.e., ad hoc work), anchor points capable of withstanding 22.5kN (5,000 pounds) shall be identified
- through a risk assessment process and shall be approved by a Competent Person prior to commencement of work.
- Temporary and mobile anchor points must be fitted by a trained and competent person following the manufactures recommendations and inspected prior to use.
- Connectors used to tie off to anchor point need to be double acting and self-locking
- Underground sites shall have a means to readily identify anchor points for fall protection only.

### 6.5 Barriers and Edge Protection

Use hard barricading where there is a risk of falling into an opening or over an unprotected edge. Make sure fixed barriers and edge protection are in good condition and are regularly inspected and maintained. Install grating correctly, so it is free of visible damage and visibly secured. Inspect railings and grating regularly.

- Barricades must be erected below the work area where there is a risk of personnel entering the area or catchments/containment systems must be put in place.
- Barricading and warning signage shall be placed on all lower levels where personnel or objects may fall.
- A risk assessment will determine if a system is required to prevent tools, materials, and other objects from falling from height. These systems include:
  - **Tool Attachments** - Attachment points designed to be field-installed on tools or equipment to provide appropriate connection points for tethering of tools.
  - **Tool Tethers** - Lanyards or materials designed to connect tools to approved anchor points to prevent them from falling.
  - **Containers and bags** are required to transport tools or equipment to and from heights.
  - **Install grating** correctly, so it is free of visible damage and visibly secured. Inspect railings and grating regularly.

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- All underground open vertical holes or edges must be guarded by the minimum standard of a physical barrier and clearly demarcated with signage prior to the open hole being created.

### 6.6 Mobile Work Platform

When operating a mobile work platform, the operator needs to wear fall prevention equipment attached to an approved anchor point. All aerial lifts, scissor lifts, man-lifts, and other mechanically elevated work platforms shall have complete floors, guardrails, and toe-boards. Safe access and egress shall be provided. A system shall be in place for ensuring that all aerial lifts, scissor lifts, and other mechanically elevated work platforms are:

- Tested and certified for use on a regular basis.
- Inspected by the user before use.
- Maintained to a set standard as specified by the manufacturer.
- In compliance with applicable regulatory requirements.

### 6.7 Scaffolding

Where scaffolding is to be used, the following must be adhered to:

- Scaffolds must be designed by a qualified person and must be constructed and loaded in accordance with that design,
- Scaffolds must be erected, moved, dismantled, or altered only under the supervision and direction of a competent person qualified in scaffold erection, removing, dismantling or alteration. Such activities must be performed only by experienced and trained employees selected for such work by the competent person.
- The supervisor(s) must ensure that each worker who performs work whilst on a scaffold has been trained by a person qualified in the subject matter to recognize the hazards associated with the type of scaffold being used, and to understand the procedures to control or minimize those hazards.
- Scaffolds and scaffold components must be inspected for visible defects by a competent person before each work shift, and after any occurrence which could affect a scaffold's structural integrity.
- Scaffolds must have complete floors, guardrails, and toe-boards unless they cannot be installed due to obstructions or similar that makes completing the scaffold infeasible.

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Safe access and egress must be provided to/from scaffolding. Climbing over or through the guardrail to facilitate access/egress is not permitted unless there is no feasible way to install an access gate. If this is necessary, a fall arrest system must be utilized.

- All platforms and scaffolds will be inspected prior to use and tagged by a certified scaffold inspector.
- Work from scaffolds is prohibited during storms or high winds. Workers shall be prohibited from working on scaffolds covered with snow, ice, or other slippery material, except as necessary for removal of such materials.

It is forbidden for the user to modify or remove any part of the scaffolding, at any time, and under any circumstances.

## 6.8 Ladders

When working from a step ladder, or where the platform ladder, temporary platform or scaffold does not have a solid top rail available, use fall prevention equipment (unless worker can maintain three points of contact at all times). Working from a ladder is your last resort; options of mobile platforms or scaffolds should be considered first.

A risk assessment is required for all work from straight-line or extension ladders.

- Ladders must be inspected before each person's use.
- Ladders must be inspected quarterly by a Competent Person, including a tag or label to verify the inspection has been done.
- Only non-conductive industrial fiberglass ladders shall be used.
- The use of a platform ladder is preferred over a step ladder.
- Do not use step or platform ladders as a straight-line ladder.
- Do not use step or platform ladders to access or egress to another level.
- Straight-line or extension ladders can be used to gain access to another level.
- The first, second, and third rung from the top of an extension ladder shall not be used as a step.
- Ladders shall not be placed in/on scissor-lifts, aerial lifts, or elevated work platform.
- Use of a Fall Arrest system while working from any ladder is required when the fall exposure to the worker is greater than 6-feet (1.8 m) from the worker's feet.
- If a mobile ladder is positioned near an edge and the fall exposure to the worker is greater than 6-feet (1.8 m) from the worker's feet while working from the ladder, the ladder must be orientated in a manner such that the worker does not have the exposure of falling over the edge. If this cannot be done, the worker must utilize a personal fall arrest system while working from the ladder.

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**Appropriate ladder use is as follows:**

- Only one worker is allowed to be on a ladder at a time.
- Three points of contact must be maintained while climbing or descending.
- Use one rung at a time.
- The front of the workers’ torso shall face the ladder at all times.
- The first, second and third rung from the top of an extension ladder must not be used as a step.
- The top two steps of an A-frame ladder must not be utilized to sit on or step on
- Straddling the top of an A frame ladder is prohibited.

**6.9 Barricading**

Use physical barricades where there is a risk of falling into an opening or over an unprotected edge. Make sure fixed barriers and edge protection are in good condition and are regularly inspected and maintained. Barricades must be erected below the work area where there is a risk of personnel entering the area or catchments/containment systems must be put in place. Warning signs and danger (red) tape, and tag shall be used to identify overhead hazards.

**7. TRAINING**

Training requirements include a competency-based training program at the site, which entails both theoretical and practical tests, as well as annual refresher training. This applies to all personnel (employees and contractors) working at heights. Anyone, including spotters/ground watch, involved in the work at heights task or using working at height equipment must:

- Be competent in using fall protection and fall prevention equipment, including self-rescue measures.
- Be trained in either Authorized Person or Competent Person training.
- Site Emergency Rescue will:
- Include “rescue after falling from height” in the site Emergency Response Team training plan.
- Practice rescue procedures with relevant workers.

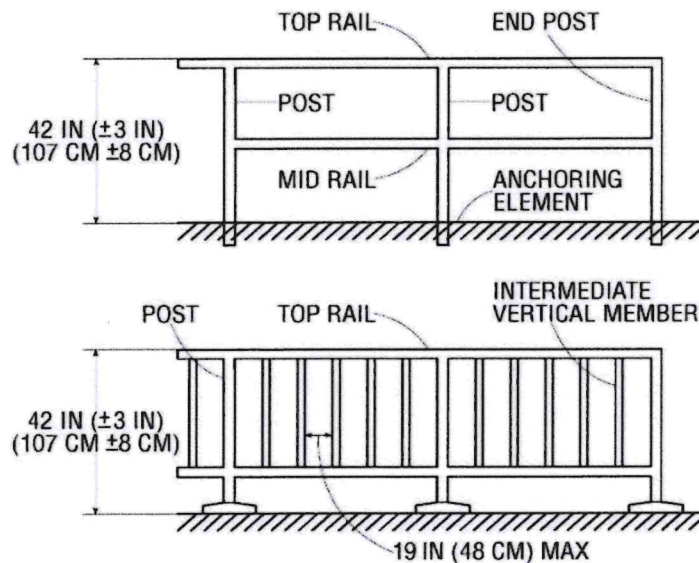
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## 8.APPENDICES

### 8.1 Guardrail Guideline


OSHA guidelines 1910.29 on guardrail requirements:

- The top edge height of top rails, or equivalent guardrail system members, are 107cm (42 inches)
- Midrails, screens, mesh, intermediate vertical members, solid panels, or equivalent intermediate members are installed between the walking-working surface and the top edge of the guardrail system as follows when there is not a wall or parapet that is at least 53cm (21 inches) high
- Handrails on stairways cannot be any more than 94cm (37 inches) high, nor can they be less than 76cm (30 inches) from the upper surface to the tread surface, in line with the riser face at the tread's forward edge. If the top edge is serving as a handrail, the top edge's height cannot be any more than 94cm (37 inches), nor can it be any less than 91cm (36 inches) from the upper surface to the tread surface, in line with the riser face at the forward edge of the tread. For fall protection from raised platforms or working surfaces, handrails must be a minimum of 107cm (42 inches) above the finished floor height, have at least (1) intermediate rail, and a 10cm (4 inch) kick plate is required where objects on the floor could create a hazard if they roll or are inadvertently kicked off the platform and cause injury from a falling object.



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## 8.2 Working at Height Permit Example


	STANDARD FORM	Document ID	TNCL-OHS-FRM-0021
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i. (Name) _____, am required to carry out the work detailed below and request a permit to cover the following hazards, from the competent/responsible person, to access the following Plant/Apparatus/Area.		<b>Working at height permit hazards</b> Falls from height, faulty roof sheets, falling through roofs, slipping off roofs, unstable scaffolding, unstable ladders, scaffolding and ladders not secured, broken lifelines, no walking platforms, faulty harnesses, no railings, slippery surfaces, equipment falling from height onto passersby.
Area/Machine/Equipment where work is to be carried out: _____ Description of work to be carried out: _____ Names of persons who will be involved with the work: 1. _____ 2. _____ 3. _____ 4. _____		
DATE AND TIME OF COMMENCEMENT	DATE:	TIME:
ESTIMATED DATE AND TIME OF COMPLETION	DATE:	TIME:
Work requirements		Yes/No/NA
Do you have an authorized Works Order for the job?		
Has the authorized person inspected the area and equipment being used with the supervisor?		
Where applicable have the conditions of the other permits been complied with?		
Have employees been trained and signed the safe operating procedures for working at height/ roof work, use of harnesses and lifelines?		
Have scaffolding or ladders been secured on stable ground to ensure the structures do not sink?		
Is the working platform/scaffold built for the purpose? Is it adequate for the proposed loading? Have engineering calculations for loading been provided?		
Has scaffolding, ladders and hoists been inspected by the competent person for safety compliance and Red/ green cards have been put in place? (Display inspection with permit)		
Has the roof sheeting/area been inspected, and have walking/working platforms been placed on the roof sheeting?		
Lifelines and harnesses in place and secured to prevent the employee from hitting the ground? Has judgement been made for the height vs the length of the lifeline or harness?		
Have all harnesses, platforms, and lifelines been inspected and in a safe condition?		
Does working at height present a risk of falls from unprotected edges? Have safety barrier rails been installed to provide edge fall protection? Is the scaffold, platform, etc. free from gaps where people may fall, and tripping and slipping hazards?		
Are the barrier rails and kickboards in place? Are they the correct height (top rail min 950 high, mid rails max 470 gap)		

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	STANDARD FORM	Document ID	TNCL-OHS-FRM-0021
	WORKING AT HEIGHT PERMIT	Document Owner	OHS Manager
		Revision	03
		Approval Date	22 <sup>nd</sup> March 2026

Are secure and safe lifting ropes in place for lifting work equipment to the working platform? And has all equipment been secured at height?			
Have ladders been placed for safe access to roof work and scaffolding platforms? Have ladders been secured to the roof or scaffolding and are protruding 1m above the access platforms/working position?			
Is there a risk to other people working below? Is a crash deck required to protect people, plants, and equipment from falling materials? If not, then the Area below demarcated a 'No Go' zone with red chevron tape? (2m free zone from the working structure)			
Does the working at height have to take place? Are there alternative methods of how the work is carried out? Can the exposure to working at height be reduced by planning the work differently?			
Has an emergency rescue plan been considered? Is there a need to notify local services of the work in the event of an emergency?			
The work area is clean and free of hazardous materials and the permit to work has been signed off.			
A working at heights permit can be issued for more than one day if the access equipment is not changed or modified. It should not exceed seven days. A scaffold, mobile tower, should be inspected at least every 7 days, or following adverse weather, and recorded on scaffag. Work at height externally should have a permit for one day only due to changes in weather that may increase the risk e.g. high winds, rain, severe temperatures, frost etc.			
Pre-task risk assessment:			
Hazards Observed:		All controls implemented?	
How could I get hurt?			
How do you prevent getting hurt?			
COMPETENT/RESPONSIBLE PERSON	NAME:	SIGNATURE:	DATE:
PERMIT HOLDER	NAME:	SIGNATURE:	DATE:
WE CERTIFY THAT THE ABOVE JOB HAS BEEN COMPLETED, THE AREA WAS INSPECTED FOR ANY REMAINING HAZARD OR CONDITION (e.g., fire) AND HAS BEEN CLEARED AND IS IN A SAFE CONDITION			
Work supervisor:	SIGNATURE:	TIME:	DATE:
Issuing Authority:	SIGNATURE:	TIME:	DATE:

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	<b>WORKING AT HEIGHT CRITICAL RISK CONTROL STANDARD</b>	Document ID	TNCL-DEPT-STD-0005
		Document Owner	OHSS Manager
		Revision	01
		Approval Date	03/06/2026

### 8.3 Critical Control Verification

#### Work Area Setup

- Have you completed a risk assessment prior to starting the working at heights job?
- Has the Fall from Heights permit been completed, signed off, and implemented correctly for non-routine tasks? Person(s) working at heights shall wear safety helmets (hardhat) that are secured by using a chinstrap.
- Are all objects, tools and equipment secured with an approved tether device to prevent them from falling?
- If required, are exclusion zones established (i.e., barricades, barriers, guards) on lower levels to prevent individuals from being struck by a falling object?
- Is there a physical barrier or barricade with signage in place that will mitigate the risk of falling over an edge or open hole?
- Is anyone working alone?

#### Fall Protection System

- Has the worker been trained and authorized, and understands the components of fall protection?
- Have the key components been maintained and inspected by the worker prior to use? (i.e., anchor points, harness, lanyard, etc.)
- Was the clearance fall distance calculated prior to starting work?
- Is the proper fall protection system being used for the task? (i.e., prevention, restraint, arrest, full body harness, proper length shock-absorbing lanyard, and trauma straps)
- While using a Fall Restraint System, is the anchor point capable of withstanding the expected force?
- Are Fall Arrest Systems attached to the harness D-ring in the middle of the back and the tie off able to withstand 22.5kN or 5,000 pounds of force?
- Where the work method requires persons to detach and re-attach at height, is a dual fall arrest system or dual fall restraint system being used to ensure that at least one connection point is always maintained?

#### Work Platform

- Are work platforms tagged correctly, inspected, certified, maintained, and in proper working condition suitable for the task?

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- Is the aerial lift, scissor lift, or other elevated work platform equipped with secured floors, guardrails, and toe-boards to prevent items from falling to lower surfaces?
- Are workers on the mobile work platform properly protected with a fall prevention or fall arrest system?
- Are weather and terrain conditions acceptable to keep the working platform stable?
- Do work platforms look to be free from signs of overloading and in good working order?
- Has the ladder been inspected prior to use and is it the correct height and material for the job?
- Is the worker ascending/descending and working from the ladder correctly?

### Emergency Response

- Do employees have means to summon help or self-rescue while using fall protection?
- Is more than one employee working on the task while using fall protection? Are any employees working alone?
- Is a fall protection plan and a rescue plan in place and communicated to all affected personnel? Do employees know what to do if a rescue is required?

## 9.SYSTEM EVALUATION

This standard shall be reviewed at least after two years by members of (**list department responsible**) and presented to the Standard Committee for approval, or when organizational changes take place or required as part of internal and external audits. The TNCL Document Controller will monitor compliance with the document control system on an ongoing basis.

## 10. DISTRIBUTION

List physical locations which require a controlled copy of this document.

Table 1: Distribution

Copy	Controlled Document Folder Location
Master	Controlled Documents Central Filing System

## 11. CONTRAVENTION

Any breach of this standard shall be regarded as refusal/failure to carry out a lawful instruction and will be dealt with as per the disciplinary procedure.

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## 12. DOCUMENT CHANGE PROCESS

The document change process starts when the document custodian identifies a need to make changes within the document. The document custodian/ owner shall complete the document change request form, sign it off, and submit it to the Document Controller.

The Document controller shall issue the controlled word copy of the document to the respective document custodian/owner so that changes may be made. The document custodian/owner shall resubmit the updated document to the document controller so that the document can be controlled and updated within the Filing system ready for use by the end users.

### 12.1 Reason for Change

Table 2: Reason for Change

A	As a result of incidents	F	Change in training requirements
B	As a result of the audit findings	G	Results of risk assessments
C	New / changes in governance documents	H	Change due to spelling or grammatical error
D	Changes in legislation	I	New document format
E	Changes in technology	J	To integrate special instruction into the document control system

### 12.2 History of Change

Table 3: History of Change

Date of Change	Revision No	Revised Item (paragraph Number reference if required)	Reason Code	Name of Reviewer
03.06.2026	01	All	G	Aneth Antidius

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### 13. RECORD CONTROL

Table 4: Record Control

Document Title:	Document ID:	Responsible for Maintenance:	Responsible for Filling:	Location of Storage:	Retention Period:	Method of Disposal:
Working at Height Critical Risk Control Standard	TNCL-OHSS-STD-0005	Document Controller	Document Controller	Department	Hard Copy two Years	Hard copy shared file electronic

### 14. DECLARATION

I hereby declare that I have taken part in the discussion of this standard, and I understand its contents and do commit that I shall ensure compliance hereto:

	Name and Surname	Company Number	Designation / Role	Signature	Date Signed
1.					
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