

Climbing and Working at Heights



STANDARD



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1 Introduction

This Standard describes the minimum requirements while climbing and working at heights on Ericsson business to ensure that the Health and Safety aspects are properly managed. This applies to any height over two meters unless otherwise stated in law.

2 Requirements

The following requirements shall apply:

- Planning and risk assessments of working at height activities shall be carried out, see chapter 6;
- Persons undertaking work activities at height are required to maintain a level of competence (climbers shall be certified) and physical fitness appropriate to the work they will carry out. Refresher training or re-examination shall be carried out in accordance with local legislation but in no event at greater intervals than two years;
- Prior to use of PPE adequate training shall be provided to the user and their supervisor covering use and maintenance of the PPE. Such training shall be documented;
- All work equipment shall be assessed to meet the requirements of PPE, see chapter 4;
- Site responsible shall ensure the structure is safe to climb prior to work starting;
- No climber is permitted to climb towers, masts, stub towers, or perform any other work at height without performing local risk assessment and without the presence of at least one other climber;
- PPE must be inspected prior to use, see chapter 4;
- Climbers shall be attached by means of appropriate climbing PPE to an approved anchor point or fall arrest device at all times whilst climbing and working outside protected areas;
- When working in close proximity to electromagnetic (RF) fields, work should comply with standard requirements “*Exposure to Radio Frequency and Electromagnetic Fields*”; and



- When working in close proximity to electric installations and power lines, arrangements shall be made to ensure conductive contact to these cannot be made.

Note: No “Free Climbing” is allowed. Anyone found free climbing may have their climbing authorisation to work on Ericsson’s business withdrawn.

3 Sites and site management

3.1 Buildings and Rooftops

Upon visiting the Building or Rooftop site, risk assessments shall be carried out and the required control measures applied. Ericsson can provide details of existing site risk assessment if available, including access rights if applicable.

Workers shall undertake a local risk assessment of the work area prior to commencement of work to include a visual check of any parapet, permanent guardrail or other fall protection measure prior to using them. Access across or work near fragile surfaces is prohibited unless suitable precautions have been made to make the work area safe.

3.2 Antenna support structures

All Antenna support structures shall be subjected to a condition inspection according to manufacturer’s specification.

It is the climber’s responsibility to confirm that an in-date, safe-to-climb certificate exists prior to climbing and to ensure that a pre-climb inspection is carried out.

Climbers must continue to pay close attention to the condition of the structure and shall abort the climb if there is any cause for concern.



3.3 Drop zones

A “Drop Zone” is a defined area at the base of a structure identified as where items could fall and potentially cause injury or damage. This area should be clearly marked using suitable temporary barriers, cones or rope and accompanied by adequate signage in order to protect those on the ground. Only persons who have been made aware of the danger, who are authorised and are wearing safety helmets shall be allowed into the Drop Zone.

Where neighbouring property is within the area that would normally be a Drop Zone, there must be liaison with the neighbours prior to climbing.

Suitable barriers and signs should be placed at the entrance to the Drop Zone as required by local risk assessment.

The following requirements apply to climbing and working at height activities:

- to reduce the risk of tools and equipment being dropped, they shall either be tethered to the climber’s harness or structure (approved anchor point) where possible, or securely enclosed in a closed bag;
- where small items such as nuts and bolts cannot be tethered, alternative means of preventing them from falling should be used. For example, fine mesh nets or bags may be suspended below the work area to catch falling objects. If all alternatives have been considered and excluded, and then only if it is safe to do so, the Drop Zone may be used to minimise the risk of injury;
- when required, material shall be carried or lowered down from height. Under no circumstances may any item be thrown down;
- when using a Mobile Elevated Work Platform, climbers shall remain restrained in the basket whilst moving to and from the work position;
- when using a Mobile Elevated Work Platform as a means of access to a rooftop, climbers shall only leave the basket once it has firmly and securely “landed” on the rooftop in a position of safety.



3.4 Adverse Weather Conditions

When adverse weather conditions prevail, the workers who are to climb shall assess if it is safe to do so. This applies especially if the following weather conditions are present:

- Tornado or Hurricane;
- Ice or snow on the structure;
- Electrical storms in the vicinity;
- Heavy rain;
- Sleet, snow or ice;
- High or gusting winds; and
- Poor visibility.

3.5 Lighting Conditions

Poor lighting levels can make working at height unsafe. The local risk assessment must define the conditions whereby work shall not be initiated or allowed to continue. Such conditions include but are not limited to:

- workplaces that cannot be accessed by means of a protected route (e.g. internal stairs, caged ladder with fall arrest system);
- workplaces without edge protected areas;
- where inadequate, permanent lighting is provided on roofs, and sufficient personal/portable lighting is not available for tasks on structures and equipment; and
- Light conditions deteriorate to a level where it is unsafe to continue work in its current form.

In such situations, lighting will be required to make the work area safe. This includes head torches for climbers and arc lamps on the ground and/or structure at appropriate mounting points to avoid glare and the effects of shadowing.

No lifting/lowering activities are to take place during the hours of darkness unless the provisions of “Risk Assessment and Planning” are addressed and agreed.



3.6 Specific emergency arrangements

If a climber becomes unconscious and rescue is impossible, accompanying climbers should, if possible and safe to do so, ease the position of the unconscious climber. This easing should continue from time-to-time until help arrives to avoid serious risks of death from venous pooling.

3.7 Plant Equipment

All plant equipment used for the purposes of Working at Heights or Lifting/Lowering activities must meet the requirements of local legislation and standards for the safety of operators and members of the public.

This condition includes the provisions for operator certification, pre-inspection and usage requirements of the plant equipment.

4 Personal Protective Equipment

The following items of PPE meeting the *Personal Protective Equipment Standard* shall be issued to all climbers:

Safety Harness: A suitable full body harness shall be worn for all working at height operations together with a lanyard incorporating a shock absorber.

Boots: Any boot used for climbing should be well fitted, have a strengthened sole, reinforced toe protection and a distinct heel.

Gloves: Gloves should be of adequate strength and warmth and should not impede movement.

Foul weather clothing: Foul weather clothing shall be used, when required. Such clothing shall be of adequate strength and warmth and be waterproof.

The clothing shall not:

- impede movement when worn;
- be so loose as to act as a 'sail' in windy condition;
- have any loose toggles, straps, buckles, or other parts that could become caught; and
- compromise any other item of PPE worn with it.

Head protection: Head protection, including climbers helmets, shall be of an approved international standard with chinstrap and should be selected depending upon the environment where used.



The PPE shall be inspected as follows:

- **Prior to first use:** Formal inspection documentation supplied by the manufacturer;
- **Prior to each use:** Inspection by the Climber; and
- **Every 6 months:** Thorough examination by a competent person. (Excluding safety shoes / boots and hard hats).

5 Medical Fitness and Response

Where local legislation allows, climbers shall be subject to a medical health assessment every two years to ensure that no aspect of their health poses risks to themselves or others as a result of their work at height.

Climbers who are not passed as “fit to climb” after a medical health assessment or who suffer a temporary condition or injury that affect their ability to climb shall be suspended from all climbing activities.

6 Risk Assessment and Planning

In order for the climbing and/or working at height activity to be carried out efficiently, a local risk assessment should be carried out prior to commencement of any work.

A Climb Leader should be appointed or elected to take charge. Specific local risk assessments should include, but not be limited to, the following:

- the nature of the tasks/activities;
- the layout of the place of work (including exit routes in emergencies, e.g. fire);
- access to and exit from the climb site;
- drop zones;
- weather;
- night work;
- overhead power lines;
- lifting and lowering operations; and
- local conditions.



Generic risk assessments are used to identify foreseeable hazards and formulate suitable risk control measures. Further, local specific risk assessments must be carried out for all work involving climbing, working at height and lifting activities.

Prior to accessing the site, any available records shall be checked for pre-existing hazards that are listed.

The local risk assessments shall be documented.

7 Monitoring and Review

Adherence to this standard shall be monitored by reviewing and keeping records of:

- incident Statistics;
- issued PPE and inspections;
- plant equipment;
- “Fit to Climb” certificates; and
- training records including climbing certificates.

8 Change information

Revision	Description
A	Initial release
B	<ol style="list-style-type: none"> 1. “Lighting Conditions” is revised. No lifting/lowering activities are to take place during the hours of darkness <i>unless the provisions of “Risk Assessment and Planning” are addressed and agreed</i> 2. “Plant Equipment” added as a new section and requirements on records.