



STOP if not clear how to do the work

Working at Heights | Higher Risk Checklist

Non-power equipment



When to use

Important: Use with applicable JLAs, Job Clearance Forms

Use before a worker begins an activity where his/her feet are more than 1.8 meters above grade, floor, or surface

Determine if work can be completed without Working at Heights

Use of a scaffold for Working at Heights is subject to ExxonMobil review prior to the work

For all working at heights:

- Requires a spotter to observe the worker at heights
- Assess if conditions are safe (weather/utility lines)
- Maintain 360 degree protection with solid railing, otherwise apply an approved fall restrain/arrest system and safety harness
- Erect proper barricades

For all ladder use, including stepladders:

- Work starts and ends at the base of the ladder, ascending and descending are key steps in the work
- Consciously maintain 3 points of contact at all times, use helper if needed
- Do not carry items in your hands

Work Order Number:

Site Location:

Contractor:

Date:

Description of work:

What is the worst thing that could happen to me?

BEFORE work begins | Select appropriate equipment and complete the steps

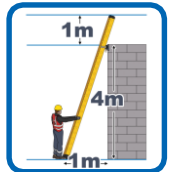
Done STEP / A-FRAME / Y-FRAME ladder

- 1. Ladder in good condition, with suitable load rating, made from appropriate material
- 2. Position ladder on a stable surface, extend and lock cross bars



Done EXTENSION ladder | use only for inspection / access (do not work from ladder)

- 1. Ladder in good condition, with suitable load rating, made from appropriate material
- 2. Position ladder on a stable surface and tie off upper part or co-worker holds the ladder
- 3. Top of ladder extends 1 meter above the edge
- 4. Ladder is at a suitable angle (4:1 ratio)



Done PLATFORM ladder

- 1. Ladder in good condition, with suitable load rating, made from appropriate material
- 2. Position ladder on a stable surface, extend and lock any cross bars / outriggers
- 3. Lock wheels when ladder is in use



Done For WORK within 1.8m of an unguarded edge or on a sloped roof

- 1. Fall Restraint / Fall Arrest equipment (e.g. full body harness, anchor connector and lanyard/SRL) to be inspected prior to each use
- 2. Safety harness fits appropriately and used per manufacturer's instructions
- 3. Worker is tied off at all times. Double lanyard to be used when there is a need to change anchor points
- 4. Fully extended lanyard prevents worker from striking the ground
Shorter lanyards may be used to prevent worker from reaching an unguarded edge



Name of worker:

Signature:

Date:

Name of spotter:

Signature:

Date:



Use of this form is subject to applicable local laws/regulations, does not replace the need to use good judgment nor applicable practices, and does not in any way amend or modify or supersede the terms or conditions of any contract by and between ExxonMobil (or its Affiliates) and contractor. (Revised September 1, 2019)

