

WORK AT HEIGHT CHECKLIST

18 checks in plain English, each with the regulation behind it or the good practice it rests on. Work through it before anybody leaves the ground.

unibuild.co.uk/checklists/work-at-height/ · Published 29 August 2026 · Last reviewed 29 August 2026

PROJECT / SITE

PREPARED BY

DATE

Tick only what you can evidence today. Where you cannot, put the owner and the date on the note line and it becomes an action rather than a gap.

Reg

statutory duty, regulation named on the row

Good practice

asked for, but not statute

SECTION 1 OF 3

Avoid and plan

5 of 18

The order Regulation 6 asks them in

01 ☐ Can the work at height be avoided?

WAHR Reg 6(2)

Assembly at ground level, extending poles, remote inspection, prefabrication. Recorded as considered, not assumed impossible.

Evidence, owner, date

02 ☐ Is the work properly planned?

WAHR Reg 4

Planned, appropriately supervised and carried out safely, including a plan for emergencies and rescue. Weather considered for the days it will run.

Evidence, owner, date

03 ☐ Ground and structure assessed

WAHR Reg 8

Surface bearing the equipment is firm, level and capable of the load. Excavations, services, basements and voids identified before anything is set up.

Evidence, owner, date

04 ☐ Existing place of work made safe

WAHR Reg 6(3)

Where work is on an existing structure, it has been checked as safe to work from, with edge protection and access provided before use.

Evidence, owner, date

05 ☐ Fragile surfaces identified

WAHR Reg 9

Rooflights, asbestos cement sheets, liner panels and corroded decking identified, marked and covered or barriered. Warning signs at approach.

Evidence, owner, date

NOTES AND ACTIONS

SECTION 2 OF 3

Equipment and controls

8 of 18

Collective before personal, every time

- | | | | |
|----|--------------------------|--|---------------|
| 06 | ☐ | Collective protection used first
Guard rails, toe boards, working platforms, nets or airbags in place before personal fall protection is considered.

Evidence, owner, date | WAHR Reg 6(5) |
| 07 | ☐ | Right equipment for the task
Selection accounts for duration, height, frequency, the distance and consequences of a fall, and evacuation. A ladder is for short-duration, low-risk work only.

Evidence, owner, date | WAHR Reg 7 |
| 08 | ☐ | Scaffold erected and tagged
Erected by a competent person to a design or compliant configuration, handover certificate issued, tag current, inspected within 7 days.

Evidence, owner, date | WAHR Reg 12 |
| 09 | ☐ | Towers and podiums correct
Erected by somebody trained in that tower, stabilisers and outriggers fitted, no climbing outside, tagged and inspected before use.

Evidence, owner, date | WAHR Sch 3 |
| 10 | ☐ | MEWP appropriate and checked
Correct machine for the ground and reach, pre-use check recorded, harness and short lanyard worn in a boom, thorough examination in date.

Evidence, owner, date | LOLER Reg 9 |
| 11 | ☐ | Ladders justified and secured
Used only where a risk assessment shows other equipment is not justified, in good condition, at 75 degrees, secured, three points of contact.

Evidence, owner, date | WAHR Sch 6 |
| 12 | ☐ | Falling objects controlled
Toe boards, brick guards, debris netting, exclusion zones below, and nothing stored on a platform that can be knocked off.

Evidence, owner, date | WAHR Reg 10 |
| 13 | ☐ | Equipment inspected and recorded
Working platforms inspected before first use, after anything affecting stability, and at intervals not exceeding 7 days. Reports kept.

Evidence, owner, date | WAHR Reg 12 |

NOTES AND ACTIONS

SECTION 3 OF 3

People and rescue

5 of 18

Who does it, who watches, what happens if

- | | | | |
|----|--------------------------|---|---------------|
| 14 | ☐ | Workers competent for the task
Trained and competent for the specific equipment, or under the supervision of somebody who is. Card checked, not assumed.

Evidence, owner, date | WAHR Reg 5 |
| 15 | ☐ | Rescue plan written and workable
A plan that does not rely on the emergency services, with equipment on site and people trained to use it, tested against the actual position.

Evidence, owner, date | WAHR Reg 4(1) |
| 16 | ☐ | Harness inspected and correctly fitted
Pre-use check by the wearer, detailed inspection in date, anchor point rated and reachable, lanyard short enough that the fall is arrested clear of the ground.

Evidence, owner, date | WAHR Sch 5 |
| 17 | ☐ | Exclusion zone below established
Area beneath the work barriered and signed, other trades kept out, and the zone big enough for what could actually fall.

Evidence, owner, date | WAHR Reg 11 |
| 18 | ☐ | Brief delivered and understood
Everyone involved briefed on the method, the rescue plan and the stop conditions, including the trades working nearby.

Evidence, owner, date | MHSWR Reg 3 |

SIGN-OFF

CHECKED BY 	SIGNATURE 	DATE
---	--	---

NOTES AND ACTIONS