


## Checklist for Abseil Work

Hazards/factors	Things to look for	Hazard present?	Comments	Suggested action/Solutions to consider	Action taken?
<b>Posture</b>  	Are you working in uncomfortable postures, reaching, stretching, twisting?			Vary the way you work, keep your arms close to your body – not reaching up or out too far.  Where possible, stand on something to take the weight from the harness.	
	Do you work for long periods without taking a break?			Take frequent breaks – walk about, stretch and keep warm.	
<b>PPE</b>	Is it used?			Use equipment that fits, is compliant and suits you in your work.	
	Is it comfortable?				
	Does it get in the way of your job?				
<b>Exposure to weather</b>	Are you working in conditions where it is cold or hot, wet, windblown?			Protect yourself from the sun, wind, rain, cold, etc.  Wear gloves that fit, help grip, protect hands; layers of clothing that cut down the risk of injury or ill-health.  Take regular breaks and recover.	
	Do you notice aching muscles, injuries?				
<b>Manual handling – at height</b>	Do you have to handle heavy or awkward loads at height?			Can you use slings and ropes, get others to help?  Don't use force where it's not necessary to and don't carry more than you need to. Consider doing formal manual handling assessment.	