

# FALL PREVENTION



Llywodraeth Cymru  
Welsh Government

[www.cymru.gov.uk](http://www.cymru.gov.uk)

Working at height without protection only takes one small mistake or lapse in concentration to result in death or serious injury – even a minor injury can lead to time laid-up with a knock-on effect on productivity or the need for alternative arrangements to be made for the work to be done.

**In the last four years, five people have been killed on farms in Wales as a consequence of a fall from height.**

## Some examples of how to avoid falls:

- Try to avoid working at height, think about ways to design or engineer safe systems to avoid having to work at heights. For tasks that still require working at height, consider other ways of working – use a work platform rather than a ladder
- Slips, trips and falls can occur anywhere on farm. When looking at your farm, think about how weather conditions, machine movements, daily tasks and visitors impact on the situation and make moving around more dangerous – plan and act accordingly.
- Use Cherry pickers - they remove the need to rely on another person to control the machine and removes the risk of a misunderstanding between the person doing the lifting and the person being lifted.
- When using a ladder, make sure it is securely placed on a level, firm footing. Make sure it is not leant against a fragile surface. Leave a metre overlap at the top of the ladder to allow a safer on and off manoeuvre if accessing a roof.

Visitors **must** be notified of any potential hazards – you have a legal duty to ensure they remain safe while on-farm.

**Make sure that you and your employees are adequately trained and competent to use machinery.**  
For advice on training contact Lantra on 01982 552646

**NEVER USE MAKESHIFT EQUIPMENT  
SUCH AS GRAIN BUCKETS OR PALLETS**

To find out more about on-farm health and safety, visit [www.hse.gov.uk/agriculture](http://www.hse.gov.uk/agriculture)