

SAFETY INSTRUCTIONS VV 05 Working at height: risk of falling	 Balen/Pelt
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Date of 1° issue	16/03/2012
Date of last change	12/06/2026
Nature of the last change	See blue text

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1 PURPOSE

Guarantee a safe working environment by means of clear guidelines and measures to prevent the risk of falling and to protect employees and third parties as much as possible against the risks of working at height.

2 SCOPE

De vereisten van dit veiligheidsvoorschrift gelden op de terreinen van Nyrstar Belgium

3 REFERENCE AND DEFINITIONS

3.1 Reference

[Nyrstar Working at Height Standard: NG-HS-ST-107](#)

A fall hazard risk assessment should be prepared and reviewed annually in accordance with applicable legislation and the Nyrstar Group Standard NG-HS-ST-107.

3.2 Definitions

Fall hazard is a situation in which a person is at risk of unintentionally falling from a height, which can result in injury. Fall hazards arise when there is a possibility that a person may be standing or working in a location without adequate fall protection, such as a handrail, guard, or harness, and insufficient physical barriers or safe distance from the edge are maintained.

The risk of falling is assessed on the presence of a person exposed to the risk of falling, the nature of the work does not play a role.

There is no risk of falling if a minimum horizontal distance of 4 metres is always maintained between the person and the edge of the height difference.

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4 REGULATION

4.1 General

Fall hazards should be evaluated at height in all work and eliminated where possible by using technical or organizational measures. Measures are always mandatory from a working height of 1.8 metres, regardless of the nature of the risk.

Measures should be taken in order of effectiveness:

1. Removing the risk at the source.
2. Use collective protective equipment (such as handrails, platforms, etc.).
3. Personal fall protection.

Working at height may only take place if access to the workplace is organised in a safe and controlled manner. Depending on the nature of the works, a risk analysis will always have to be drawn up.

Persons working simultaneously on top of each other, or in areas where tools or materials may fall down, must be strictly avoided.

Accidental or unauthorised access to hazardous work areas must always be prevented, for example by physical closures or clear signage.

Only employees who are sufficiently trained and have the necessary competencies are allowed to carry out work at height.

All materials and equipment used when working at height (such as scaffolding, ladders, and fall protection systems) must comply with the legal requirements and be regularly checked and inspected in accordance with Belgian legislation. In addition, every worker must carry out a visual inspection before use to detect any defects or damage.

Specific guidelines are included in a separate safety regulation for the following activities with a risk of falling:

- [VV06 - Working with an aerial platform or scissor lift.](#)
- [VV07 - Use and construction of scaffolding.](#)
- [VV11 - Digging.](#)

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4.2 Collective fall protection

The following requirements apply in case of use of collective fall protection:

- Handrails with an intermediate railing and an edge strip that connects to the floor.
 - The upper handrail is located at a height of 1 m to 1.2 m above the work surfaces or walking surfaces.
 - Between the upper handrail and the toe board, an intermediate handrail is installed at a height of 40 to 50 cm above the working surface or tread.
 - The toe boards are at least 15 cm high.
- Full or latticework panels at least 1 m high.
- Any other facility that provides equivalent security.

If this is not possible, personal fall protection (or walking restriction) must be worn provided that an anchor point is provided.

4.3 Personal fall protection

The following requirements apply in the case of the use of personal fall protection:

- Users must have had proper theoretical and practical training in the use of personal fall protection.
- The total weight of the person with tools should not exceed 140 kg.
- The length of the lanyard should be tailored to the current situation. A fall arrest device is preferably used. The free fall must always be limited to a maximum of 1.8 metres.
- Some works may use a distance limitation so that the user can go far enough to reach the unprotected edge, but not far enough to fall off it.
- One must be able to hook onto a point with more than sufficient load-bearing capacity. The lanyard must not be wrapped around installation parts due to the risk of damage. If necessary, use a sling that can be hooked on. A minimum fall load of 10 kN is required.
- Before starting work, the possibility of rescuing the person after a fall must be assessed. If the rescue is not possible within a period of 15 minutes, a rescue hoist with 2° person must be used (to be viewed in Risk Analysis). The person should also wear a fall arrest harness with safety straps to prevent suspension trauma from occurring, leading to a life-threatening situation.
- After a fall, the harness belt and lanyard must be re-inspected.
- Every user must ensure that the safety harness is correctly put on.

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How to put on a safety harness



Step 1

Take the harness at the back attachment point. If necessary, shake the harness to drop all the straps into place. Open all closures. Now it should already be clear what the bottom and top of the harness is.



Step 2

Take the harness by the shoulder straps and place it over the shoulders.



Step 3

Close the leg closures.



Step 4

Adjust the leg straps so that a hand can still be placed in between. Insert excess tape under the provided strap clamp.



Step 5

Close the chest closure (can also be in the form of a muketon).



Step 6

Adjust the shoulder straps until the harness fits firmly but comfortably around the body. Make sure that the back plate (plate with back attachment point) is between the shoulders.

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4.4 Entering roofs

In the case of work on flat roofs, the following requirements apply:

- The stability of the roof must be assessed in advance to ensure that it is sturdy enough to support the weight of people, material and equipment.
- For work between 2 and 4 metres from the roof edge, signage must be provided 2 metres from the roof edge to clearly demarcate the safe zone.
- When working less than 2 metres from the roof edge, a (temporary) handrail or other collective protective equipment must be installed.
- Persons may only go within 2 meters of the eaves to get on or off the roof.
- An avoidance plan has been drawn up with agreements and measures for the safe unloading of material, access to the roof and an evacuation procedure in the event of a fall incident (including the correct use of footrests or a seat harness if necessary). Access to freely accessible unshielded roofs must be closed by means of a lock whose key is kept by the owner of the installation.

Prior to work on the roofs of buildings or tanks, a risk analysis must be carried out, describing the measures to be taken to prevent the risk of falling.

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4.5 Working with a ladder

A ladder must be inspected within the last 3 months and checked for visible defects before each use.

4.5.1 Requirements for work on a ladder

Ladders may only be used when no safer alternative can be used due to, for example, lack of space or increased dangers when using scaffolding or aerial work platforms.

Work on ladders is only permitted if:

- It is about short-term work.
- No great force is needed.
- There are always three points of contact with the ladder (e.g. 2 feet and 1 hand or 2 hands and 1 foot).
- No powered machines are used (e.g. grinders).
- The work remains within the range of an arm's length.

A platform ladder or, if not possible, a ladder with parapet should always be used.

4.5.2 Requirements for the installation of the ladder

- Maximum permitted height is 7 meters, [deviations must be secured through a risk analysis](#).
- Ensure a stable and safe installation: solid surface, correct supports, free of live parts and removed from edges and partitions as much as possible.
- The ladder should be placed at an angle of 75° to the ground.
- Provide the top and bottom with non-slip feet.
- A ladder to a higher level must protrude at least 1 meter above that surface.
- Attach the ladder for extra stability. This is mandatory for ladders with more than 25 rungs.
- In electrolysis processes, the use of metal ladders is prohibited.

4.6 Use of a passenger lifting barge

The use of a passenger lifting barge is only permitted if it is demonstrated that there is no other option, the whole thing has been inspected in conjunction and there is a formal agreement from the Nyrstar prevention advisor on the risk inventory and evaluation (RIE) submitted.

Checklist for applying for working with a passenger lifting bucket [XF-452-FCH-0-01003](#)

4.7 Measures in case of severe weather

See Safety instructions [VV 28](#) "Severe weather" .