

## **Occupational Health and Safety Requirements for Use of Work Equipment**

Government of the Republic Regulation No. 13 of 11 January 2000, entered into force 24 January 2000, **amended by Government of the Republic regulation No 322 of 18. December 2003, enter into force 1. May 2004.**

(RT I 2000, 4, 30; 2003, 89, 596).

### «Chapter 4

#### USE OF WORK EQUIPMENT INTENDED FOR TEMPORARY WORK AT A HEIGHT

##### **Article 12<sup>1</sup>. General Requirements**

(1) Temporary work at a height is work performed at the height of at least 2 metres from the ground by using scaffolding, ladder, rope, cable or other similar work equipment intended for temporary use.

(2) Temporary work at a height may be carried out only if the weather conditions do not affect the safety or health of workers.

(3) If temporary work at a height cannot be carried out in a safe manner, under ergonomically suitable conditions and on appropriate surface, the most appropriate work equipment shall be chosen in order to ensure safe work conditions. Work equipment shall correspond to the nature of work to be carried out and expected load, and their placement shall allow safe access to the workplace.

(4) Appropriate equipment shall be chosen for accessing high-level temporary workplaces, considering frequency of movement, height of workplace and time of use. Chosen means of access shall be placed such that they allow evacuation in the event of danger. Routes for passage to chosen means of access and workplaces shall not increase danger of falling.

(5) During temporary work at a height, ladders may be used only in cases, where use of other safer work equipment is unjustified due to small hazard, short time of use or local conditions that cannot be altered by the employer.

(6) Ropes and cables (hereinafter *rope*) may be used only if the results of risk assessment reveal that it is safe and that it is impossible to use any other safer tools. Where necessary and possible, the use of a seat with required accessories shall be prescribed for working in a suspended position.

(7) Employer shall determine appropriate safety measures depending on the type of chosen work equipment. In order to secure against falling, the use of collective technical protective equipment (cradles, safety nets, etc.) shall be prescribed as necessary. Such equipment shall cover entire hazard zone, and yet allow access to a ladder or staircase.

(8) If work to be carried out requires temporary removal of collective technical protective equipment that secures against falling, alternative safety measures shall be applied. Work shall not be commenced until safety measures are taken. Collective

technical protective equipment shall be reinstalled after completion of work that required removal of such equipment.

## **Article 12<sup>2</sup>. Use of ladder**

- (1) Ladder may be used only for the purpose and in the manner specified in the instructions.
- (2) Ladder shall be placed such that it is stable during its use. Ladder shall be placed on an immovable base with appropriate size so that the ladder rungs are in horizontal position. Suspended ladder, except for rope-ladder, shall be fastened in such a manner that it does not move or rock.
- (3) Collapsible ladder shall be prevented from slipping by fastening its upper or lower part with anti-slip devices or other solutions. Access ladder, except permanently fixed ladder, shall be long enough to reach at least one meter above the access level.
- (4) Locked assembled ladder and extension ladder shall be used such that its different parts cannot move. Mobile ladder shall be fixed in immobile position before using it. Single ladders shall not be tied or glued together, or joined by screws or nails, except in cases provided in instructions.
- (5) Ladder shall be used such that it provides secure support and allows workers to hold fast to it all the time. Ladder shall enable to hold fast to it even during carrying something while on the ladder.
- (6) The period of work while standing on the ladder shall not exceed 30 minutes or one third of the length of working day. Workers shall not stand higher than on the third rung or step from the top of the ladder. In general, when using the ladder, the work shall not be carried out higher than 5 meters from the ground.

## **Article 12<sup>3</sup>. Use of scaffolding**

- (1) Construction and completion of scaffolding shall be such that allows their safe installation, use, dismantling, altering and maintenance. In general, scaffolding shall be industrial or manufactured based on the design prepared by civil engineer or designer.
- (2) Industrial scaffolding shall be accompanied with instructions for use. Instructions shall include all data concerning installation, use, dismantling, altering, repairs and transportation of scaffolding.
- (3) All scaffolding shall be installed and maintained properly such that they remain stable upon any activity. If calculations on the solidity of scaffolding are not available or they do not include appropriate structural instructions, stability and solidity calculations shall be made, except in cases where scaffolding is installed according to generally approved standard.
- (4) In order to prevent bearing parts of scaffolding from slipping, the scaffolding shall be equipped with anti-slip devices or other efficient solution. Basis shall have sufficient load bearing capacity. Scaffolding shall stand stable. In case of wheeled scaffolding appropriate measures shall be taken in order to prevent them from accidental movement.
- (5) Scaffolding that is not intended as free-standing scaffolding, shall be anchored in compliance with the requirements provided in the instructions. Scaffolding shall be anchored to stable structure, e.g. masonry. Anchorage shall be such that it resists tensile

and pressure forces that may arise during use of scaffolding.

(6) Dimensions, shape and placement of scaffolding platform shall correspond to the permitted load and nature of work to be carried out, and allow safe work and movement. Scaffolding platforms shall be placed such that their parts are immovable upon ordinary use, and there are no voids between vertical cradles that prevent falling. Gap between wall and scaffolding shall not exceed 30 centimetres.

(7) If some parts of the scaffolding are not ready for installation or if scaffolding is dismantled or altered, they shall be equipped with appropriate warning signs and the access to hazard zone shall be separated by barriers.

(8) Use of scaffolding in construction works requires preparation of a plan for installation and dismantling of scaffolding. Such plan may constitute a part of the safety and health plan of a construction site, provided in Government of the Republic Regulation No. 377 of 8 December 1999 Occupational Health and Safety Requirements at Construction Sites (RT I 1999, 94, 838) to which the data about particular case of using scaffolding shall be added.

(9) Scaffolding may be installed, dismantled or altered only by workers who have received training that comprises:

- 1) understanding of the plan of installation, dismantling or altering of scaffolding;
- 2) safety measures to be followed upon installation, dismantling or altering of scaffolding;
- 3) measures preventing people or things from the risk of falling;
- 4) protective measures used for preventing damage to scaffolding in case of poor or rapidly changing weather conditions;
- 5) safe load for scaffolding;
- 6) other risks associated with installation, dismantling or altering of scaffolding,

(10) The training specified in paragraph 9 shall be documented.

#### **Article 12<sup>4</sup>. Use of rope**

(1) While using a rope, workers shall move and take work position in compliance with the following requirements:

- 1) rope system shall consist of at least two separately anchored ropes, a safety rope and a working rope used for access, lowering and support purposes;
- 2) workers shall have appropriate safety harnesses that connect them with safety rope;
- 3) working rope shall be equipped with safe lifting and lowering devices and automated locking system that prevent workers from falling in case they lose control over their movements. Safety rope shall be equipped with anti-falling mobile system that moves along with the worker;
- 4) in order to prevent tools and other accessories from falling they shall be fastened to the harnesses or seat of the worker or in any other appropriate manner;
- 5) work operations shall be planned carefully and carried out only at the presence of another worker in order to rescue the worker immediately in the event of danger;
- 6) workers who use ropes for carrying out their work, shall receive adequate training and training on risks pursuant to Article 1 (6), which also includes performance of rescue work by means of ropes.

(2) In exceptional cases when, based on risk assessment, using of the second rope causes additional hazard, the use of only one rope is permitted, on the condition that additional safety measures are taken.

**Article 12<sup>5</sup>. Maintenance and inspection of work equipment used upon temporary work at a height**

- (1) The structure and condition of work equipment used in temporary work at high places shall ensure the safety of the work. Work equipment shall be maintained in accordance with instructions for use.
- (2) Employer shall ensure inspection of ladders and scaffolding pursuant to the procedure provided in Article 7 (3) of the Government of the Republic Regulation No. 377 of 8 December 1999 Occupational Health and Safety Requirements at Construction Sites. Inspection of ladders shall take place at least once a month.
- (3) Every time before commencing work the inspection of ropes shall be performed according to instructions, or if the latter is not available, in a manner that allows detection of faults in order to ensure safety of the workers.
- (4) A competent person designated by the employer shall conduct the inspection specified in paragraphs 2 and 3.
- (5) A statement which sets out the persons participating in the inspection, the time and results of the inspection and any possible suggestions for changes shall be prepared concerning an inspection.
- (6) Any faults detected during the inspection shall be corrected immediately or before the use of work equipment.