



Working at Heights

What this Safety Talk Covers:

The “Dos” and “Don’ts” for safely working at heights.

Discussion Notes:

Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- ✓ Inspect your fall protection gear before every use, paying special attention to harness stitching and lanyards that may have been exposed to oil, mud, or chemicals.
 - ✓ Use anchor points that are rated for fall protection and approved for the type of equipment used at well sites, pipe racks, and refinery structures.
 - ✓ Maintain three points of contact when climbing derricks, ladders, or scaffolding on the site.
 - ✓ Keep work areas at heights clear of loose tools, fittings, and pipe segments to prevent dropped-object hazards to workers below.
 - ✓ Communicate with your crew before starting work aloft—radio checks and hand signals are critical when noise from rigs, pumps, or compressors interferes with verbal communication.
 - ✓ Follow site-specific fall protection procedures, which may differ between refineries, well sites, pipeline locations, and other work sites.
- Don't**
- ✗ Bypass fall protection by tying off to handrails, cable trays, or other structures not rated for arresting a fall.
 - ✗ Climb derricks, ladders, or scaffolds with tools or materials in your hands. Instead, use tool belts, hoists, or lift systems.
 - ✗ Work at height during high winds, lightning, or other severe weather that can affect balance and stability.
 - ✗ Ignore overhead power lines or piping racks. Always check clearances before setting up scaffolds or manlifts.
 - ✗ Leave harnesses, lanyards, or lifelines in areas where they can be contaminated by drilling fluids, welding sparks, or corrosive chemicals.
 - ✗ Assume fall protection is the same across sites—what’s acceptable at a refinery may not meet requirements at a pipeline job.



TEXAS OIL & GAS ASSOCIATION SAFETY TALKS

an initiative of the **TXOGA** Workers' Compensation Safety Group

Meeting notes:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record: Date: _____ Jobsite/Facility: _____

Trainer: _____ Title: _____

Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
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(Continue recording signatures on a separate sheet of paper)

Employee Quiz is provided on last page. Answers are: 1. (b), 2. (d), 3. (c), 4. (b), 5. (a)



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Employee Quiz Working at Heights

Employee Name: _____

Circle the correct answer below

- | | |
|---|---|
| <p>1. What should be checked before every use of fall protection gear?</p> <ul style="list-style-type: none">a. Only the harness bucklesb. The stitching, lanyards, and signs of chemical exposurec. Just the D-ringsd. Nothing if it looks new <p>2. Why is it unsafe to tie off to handrails or cable trays?</p> <ul style="list-style-type: none">a. They are uncomfortableb. They are too highc. They are too lowd. They are not rated to arrest a fall <p>3. What is the proper way to carry tools while climbing in the oilfield?</p> <ul style="list-style-type: none">a. In your handsb. Toss them up firstc. Use a tool belt or hoist systemd. Leave them at the bottom | <p>4. Fall protection procedures are identical at every work site.</p> <ul style="list-style-type: none">a. Trueb. False <p>5. Severe weather such as high winds or lightning is a valid reason to postpone work at height.</p> <ul style="list-style-type: none">a. Trueb. False |
|---|---|

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____