



RAA-ONE CONSTRUCTION & ENGINEERING PTE LTD

Company Reg no: 201027290W, No 280 Harvest Building,

#10-08 woodlands IND ParkE5 Singapore – 757322

Tell: 65389517 | E-mail: nraja@raaonegroup.com www.raaonegroup.com

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EFFECTIVE DATE: 24/02/2023

FALL PREVENTION PLAN

This Fall Prevention Plan is Specific for the following project:

Location of Job: NUHS

Company: Raa-one Constructions & Engineering Pte Ltd

Date Plan Prepared: 24/02/2023

The following Fall Prevention Plan is prepared for the prevention of injuries associated with falls. A Fall Prevention Plan must be development and evaluated on a site by site basis.

Plan Prepared By Safety: Mr. Muthusamy Muthamizharasan Safety Supervisor Raaone Constructions & Engineering Pte Ltd 24/02/2023	Plan Approved By PM: Mr. Kanna Moorthy Project manager Raaone Constructions & Engineering Pte Ltd 24/02/2023
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FALL PREVENTION OF LADDERS

1. Where a ladder is used it shall be fit for purpose & shall comply with any local legislative standards.
2. While climbing a ladder, a person shall maintain at least three points of contact.
3. Ladders are primarily used for access & egress to working area. Where 2 ladder is used to perform work, the risk assessment should be review the controls required to prevent a fall.
4. Where ladder access is used, items such as tool & equipment are not to be carried along.
5. All loose hand tools must be secured in a sling bag.
6. Do not use ladder when working near to the edge.
7. Do not use ladder for a period of more than 15 min.





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THINGS TO REMEMBER



SAFETY FIRST

**Maintain 3-point contact
when ascending or
descending ladder.**



SAFETY WORK PROCEDURES OF USING LADDER

1. Implement Permit to Work.
2. Ensure that all workers involved in the tasks has been briefed about the hazard and preventive measures to be taken.
3. Ensure that A frame ladders are free from visual cracks or damages.
4. Ensure that the ladders are in good working conditions.
5. Buddy system required when working with A frame ladders.
6. Ensure that ladders are sited on the firm and stable ground conditions.
7. Do not stand on the last 3 topmost steps of the ladder.
8. Ensure that the ladders are fully open with the bracing lock when using the ladder.
9. Do not place the ladder near to the building edge while working on it.
10. Do not place any loose items on the ladder.
11. Ensure that both hands are free while accessing the ladder.
12. Ensure to hook on body harness/belt to a rigid anchorage point while working on it.
13. Ensure that the skid resistant feet are in good condition.
14. Ensure that body posture when working at the A Frame Ladder is in the correct position.
15. Do not set up ladders in passageways, doorways, driveways or other places where a person, vehicle or crane lifted load can hit it.
16. Do not use the step ladder near the edge of an open floor or on scaffolding to gain extra height; if the ladder topples, the worker could fall over the edge.
17. Do not carry materials and tools by hand when ascending or descending the ladder.
18. Materials or tools which cannot be safely secured on the worker's belt should be independently transferred or hoisted to the work station.