



Working at Height Trestles

Audience: Site Operatives, Customer Care Operatives

Presenter: GHSEA, Site Manager, Trade Supervisors



When to use a trestle or hop up

Low level access equipment is often misused, which can result in injury. Following the points in this toolbox talk can help prevent a fall.

When considering a task, the use of a trestle or low level hop up platform should be assessed for suitability for the nature of the work being carried out

Prior to using a standard trestle or hop-up the user must also determine if the proposed controls are adequate.

If a sub-contractor intends to use a low level trestle it must be included in their Risk Assessment and Method Statements.



Environment / task

Trestles must be no higher than 600mm and they must not be able to extend; if they are extendable they must be welded to prevent this.

The ground must be solid, compact, level and stable.

There must be no risks to other people working in the area.

The trestle or hop-up should not be placed next to, or adjacent to a trench which increases the height of the potential fall

All other obstructions or hazards e.g. reinforcing bars etc. next to, or adjacent to the trestle/hop-up must be removed or protected.

The working platform must not be overloaded.

There should be no risk to members of the public

Trestles and hop-ups must not be used on scaffold platforms.



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Equipment

The trestle or hop-up must be suitable for the task and the user must be satisfied with the following:

- The equipment has been inspected upon installation and before use by a competent person.
- There is no significant risk posed by use of the work equipment.
- The equipment is free from a build-up of debris, i.e. mortar.
- The rubber pads to the bottom feet of alloy hop ups are serviceable and in place.
- Where required, ensure a suitable means of access has been provided (ladder BS EN131) and it has been suitably tied.
- The equipment must be erected and used in accordance with the manufacturer's instructions



Inspection of equipment

The equipment must be inspected, by someone who is competent to do so, after assembly and before use.

Trestles must be inspected and signed off by the person responsible for fitting them using the Trestles Inspection Register before use.



Information instruction and training

Operatives must receive training on the use of trestles and hop-ups

TBT's referring to the manufacturer's instructions and documented would be suitable.