Work-At-Height in Warehouses: Pallet Racks, Order Pickers and Safety Meeting Kit



WHAT’S AT STAKE

Working at height in warehouses puts you in situations where there is little room for error. Whether you are on pallet racks, order pickers, or elevated platforms, one misstep, loss of balance, or equipment issue can lead to serious falls in seconds. Tasks that feel routine, like reaching for stock or repositioning loads, can quickly turn into life changing injuries if safety controls are not followed.

WHAT’S THE DANGER

Working at height in warehouses increases risk because falls happen quickly and often without warning, especially when tasks feel routine.

Fall from Height Hazards

Loss of balance, overreaching, or unstable footing on racks or platforms can lead to falls that result in fractures, head injuries, or fatal incidents.

Equipment and Platform Risks

Order pickers, ladders, or elevated platforms can become unsafe if used incorrectly or if something shifts, leading to sudden drops, tip overs, or being thrown from height.

Unsafe Movement and Positioning

Climbing racks, leaning outside guardrails, or rushing tasks increases the chance of slips, loss of control, and severe injuries when working above ground level.

Falling Objects

Items stored at height can shift or fall during handling, creating serious

hazards such as

- Head injuries from falling boxes or materials
- Crushing injuries when heavy loads drop
- Impact injuries from tools or loose items falling

HOW TO PROTECT YOURSELF

Working at height in warehouses means slowing down, staying within safe limits, and using the equipment the way it’s designed.

Use the Right Equipment Every Time

Always use approved equipment like order pickers, platforms, or ladders that are designed for the task. Do not climb pallet racks or improvise access. Make sure guardrails, gates, and fall protection systems are in place and used correctly.

Stay Stable and Work Within Reach

Keep both feet firmly positioned and avoid leaning or overreaching. If something is out of reach, reposition the equipment instead of stretching your body into an unsafe position.

Secure Loads and Tools

Before moving or handling items at height, make sure they are stable and properly positioned.

- Keep loads balanced and within capacity
- Do not stack items loosely or unevenly
- Keep tools and materials secured to prevent drops

Maintain Three Points of Contact

When climbing or positioning yourself, keep steady contact to maintain balance and control. This reduces the chance of slips or sudden loss of footing.

Control the Area Below

Be aware of people working below you. Falling objects can cause serious injuries. Keep the area clear and communicate with others when working at height.

Stay Focused and Avoid Rushing

Most incidents happen when people try to move too quickly. Take your time, stay aware of your position, and focus on what you are doing at all times.

What to Do If Something Feels Unsafe

If equipment feels unstable, a load shifts, or something doesn’t look right, stop immediately. Do not try to fix it from an unsafe position. Lower yourself safely, report the issue, and correct it before continuing.

FINAL WORD

Working at height is not routine work. The risk is always there, even during simple tasks. When you stay within safe limits, use the right equipment, and take the time to do things properly, you reduce the chance of a serious fall. One safe decision at height is what keeps you on the ground at the end of the day.