

Fall Speed Vs. Reaction Time



In 1 second your body
will fall 16 feet

Good body reaction
time = 0.5 seconds

Travel distance in
0.5 seconds = 4 feet



**By the time you react your body will be
4 feet below where you were standing**

Example of Fall Speed v Reaction Time.

Working at height is one of the biggest causes of work-related fatalities and major injuries. Many of the activities carried out in ports/docks could lead to a fall from height. These activities may be during routine operations, maintenance activities or unexpected or unplanned activities. In ports/docks, the added hazard of working near water means a fall may lead to the risk of drowning. Ref: <http://www.hse.gov.uk/ports/falls.htm>

Typical falls from height hazards in ports and docks

- Access and egress to and from vessels by accommodation ladders, quayside ladders and gangways;
- Container working;
- Loading and unloading general and containerized cargo;
- Access to and from places of work on board vessels (holds, hatches, decks etc)

Under no circumstances are personnel to ride the hook or load, whilst carrying out stevedoring operations at FIPASS. There have been two, working at height incidents, reported within the last six months and immediate actions must be taken to stop this unsafe practice.

Workers must not ride on a load, sling, hook or any other rigging/lifting equipment unless approved for man riding and a written risk assessment produced.



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