

STANDARD INDUSTRI PEMBINAAN

(CONSTRUCTION INDUSTRY STANDARD)

CIS 15 : 2019

GUIDELINES ON PREVENTION OF FALL AT CONSTRUCTION SITE

Descriptors: Duties, responsibilities, risk management, working at height, fall prevention and protection

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CONSTRUCTION INDUSTRY DEVELOPMENT BOARD MALAYSIA



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Development Board of Malaysia**

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COMMITTEE REPRESENTATION

This Construction Industry Standard (CIS) was managed and developed by the Construction Industry Development Board Malaysia with the assistance of the Technical Committee of Safety and Health in Construction which comprises representatives from the following organizations:

Association of Consulting Engineers Malaysia (ACEM)
Department of Occupational Safety and Health (DOSH)
Ekovest Construction Sdn Bhd
IJM Corporation Berhad
Malaysian Society for Occupational Safety and Health (MSOSH)
Master Builders Association Malaysia (MBAM)
National Institute of Occupational Safety and Health (NIOSH)
Naza TTDI Sdn Bhd
Perbadanan Kemajuan Negeri Selangor (PKNS)
Real Estate and Housing Developers' Association Malaysia (REHDA)
S P Setia Bhd
Universiti Malaya (UM)
Universiti Teknologi Mara (UiTM)
WCT Holdings Berhad

PREFACE

Guidelines on Prevention of Fall at Construction Site was developed in 2009 as Construction Industry Standard (CIS 15:2009). This standard was revised 10 years later and now known as CIS 15:2019. The revision was carried out by a Technical Committee formed by CIDB, represented by the construction industry stakeholders.

References were made to several documents generally used by industry players in managing construction safety and health. This revised version of Guidelines on Prevention of Fall at Construction Site is expected to provide clearer guidance to clients, designer, contractor and workers in assessing their safety and health performance at construction sites.

It should be noted that compliance with this Construction Industry Standard does not in itself confer immunity from legal obligations.

GUIDELINES ON PREVENTION OF FALL AT CONSTRUCTION SITE

SECTION 1: GENERAL

1.1 Scope

The guideline provides guidance on adopting a risk management approach to fall prevention at construction site. It is applicable to everyone who has the duty to prevent person falling from heights.

The Guideline is not intended to apply to work on mobile plant, with the exception of mobile plant specifically mentioned in this Guideline, or that, which is commonly used to perform work at height in the general construction industry except telecommunication towers, platform and machineries.

1.2 Normative References

The following normative reference is indispensable for the application of this construction industry standard. For dated reference, only the edition cited applies. For undated references, the latest editions of the normative references (including any Amendments) Apply.

- i. Best Practice Guidelines for Working at Height in New Zealand (2012)
- ii. CIDB Act 1994 (Act 520) (Revised 2011)
- iii. CIS 15:2009 (Guidelines on Prevention of Fall at Construction Site)
- iv. CIS 25:2018 (Construction Activities Risk Assessment [CARA] - Hazard Identification, Risk Analysis and Risk Control [HIRARC])
- v. Factories and Machinery (Building Operations and Works of Engineering Construction [BOWEC]) (Safety) Regulations 1986
- vi. Factories and Machinery Act (FMA) 1967
- vii. Guidelines for The Prevention of Falls at Workplaces (2007), Department of Occupational Safety and Health, Malaysia
- viii. Guidelines on Occupational Safety and Health in Construction Industry (Management) 2017
- ix. ISO 45001:2018 Occupational Health and Safety Management System
- x. National Code of Practice For The Prevention of Falls In General Construction Work-Related Injuries And Fatalities Involving A Fall From Height, Australia (2010)
- xi. Occupational Safety and Health Act 1994
- xii. Preventing Falls in Housing Construction - Code of Practice - Safe Work Australia (2010)

1.3 Terms and Definitions

For the purpose of this Guideline:

- i. **Anchorage**
A component plugged or fixed into a building or structure for the purpose of attaching a scaffold or safety lines. It can also mean the holding-down system cantilevered, hanging or suspended scaffolding and platforms arrest system.
- ii. **CARA- HIRARC**
Construction Activities Risk Assessment - Hazard Identification, Risk Analysis and Risk Control (CIS 25:2018 published by CIDB)
- iii. **Clients**
For the purpose of this standard, clients shall have the same meaning as per the Guidelines on Occupational Safety and Health in Construction Industry (Management) 2017 by DOSH



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