

	<h2 style="margin: 0;">WORKSHEET</h2> <h3 style="margin: 0;">for Work at Heights</h3>
Worksheet issued by (name, position, signature):	STS
Date of issue and validity period of the Worksheet:	1 January 2022 to 31 December 2022 (change as necessary)
Worksheet Reg. No.:	PL-UE-XX22
Work-at-height contractor:	United Energy, a.s.

This worksheet is for the Job manager to specify the work-at-height procedure (the method, scope, etc.), the designated persons, any fixing points, any precautions and the execution of a visual inspection of the equipment and the condition of the technical tools (e.g. ladders, hand tools).

Part I. Definition of the work-at-height operation, tasks, working procedures and safety precautions

1. Place of work	Engine room TG 4, TG 5, TG 6 – spot height 7.7 m	
2. Work specification	Oil tank level gauging	
3. Work procedure, method and scope of work	<ul style="list-style-type: none"> - always use a fixed steel ladder to access the oil tank - before descending to the oil tank, the designated person must be secured by the designated PPE - fall arrest harness fixed to an existing steel profile (with its length shorter than the falling edge of the oil tank) in the oil tank access area (TG 4,5,6) - after descending to the oil tank, a designated person will take the level measurement 	
4. Securing the area under the place of work	The following method will be used to secure the area below the place of work at height (delete/cross out as appropriate): <ul style="list-style-type: none"> ▪ the area below the place of work does not need to be secured 	
5. Specification of the equipment required	The Job Manager has specified mandatory PPE to be used by employees when working at heights or above free falls: <ul style="list-style-type: none"> - fall arrest harness - protective helmet 	
6. Visual inspection of the equipment	The Job Manager has carried out a visual inspection of the protective equipment to be used when working at heights and above free falls to check its functionality and validity of the prescribed PPE tests.	Result: No apparent defects.
7. Familiarisation of designated persons with fixing points	The fixing points have been determined as follows: TG 4, 5, 6 - steel profile in the oil tank entrance area	
8. Special conditions		
Prepared by the Job Manager (name, position, signature):	STS	

Part II. – Record of designated persons and their demonstrable instruction concerning the specified tasks, work procedures and safety precautions for work at height as defined in Part I. of the Worksheet

DECLARATION by designated persons:

I declare that I have been familiarised with the above text of the Work-at-Height Worksheet, I understand the instructions, in particular the use of the personal protective equipment prescribed for work at heights and above free falls, and I am aware of the local conditions relevant to the designated fixing points and the fixing method.

	name, surname	date of birth	designated task	certificate no.	signature:
1.	STS		Overseeing the task of gauging the oil level.		
2.	Workshop fitter		Gauging the oil level.		
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