



WORK AT HEIGHT TRAINING COURSE

About

This dynamic and interactive Working at Height safety training course is specifically designed for anyone whose job requires them to work at height, and which involves them using the necessary height safety equipment to enable them to carry out the work in a safe manner. The aim of the course is to help reduce risks, accidents and incidents from working at height. This course does not cover rope access requirements which would require specialist training and instruction.

Course Objective

On completion of this course, delegates will be able to follow the hierarchy for managing risks from working at height, taking steps to avoid, prevent or reduce risks, and have an understanding of the correct equipment for working at height.

Who Should Attend

Anyone whose job requires them to work at height, including supervisors and managers who require a better understanding of the associated risks and control measures required.

Duration

1/2 Day extended to 1 day if practical use/demonstration of harnesses is included.

Course Content

Theory

- ✓ Legal background and relevant requirements
- ✓ Working at height statistics
- ✓ Hierarchy for safe work at height
- ✓ Work at height risk assessment
- ✓ Edge protection
- ✓ Fall arrest equipment including correct use of safety harness
- ✓ Suspension trauma & emergency rescue techniques
- ✓ Mobile towers & Podiums (Theory only)
- ✓ DVD – Jason Anker

Practical Techniques

- ✓ Ladders—Safe use of clients own ladders
- ✓ Scaff Tag Systems*—Delegates will be shown how to scaff tag check their own equipment
- ✓ Practical use of eye bolts and harnesses where relevant

*We encourage all clients to use a scaff tag system to identify their ladders and show that checks have been undertaken. The scaff tag system and all ladders/equipment should be available from the trainer on the day of the course.

Certification

Delegates will be awarded a certificate of attendance on successful completion of the multiple choice assessment.