



Working at Height Training Course

Description

A course designed for persons who may be required to work at heights.

Duration

A one day course consisting of theory and practical work.

Syllabus

By the end of the course delegates will be able to:

- Understand current regulations
- Identify hazards when working at height
- Identify the appropriate equipment requirements
- Identify the required PPE
- Understand how to plan working at height
- Understand safe systems of work
- Understand safe working procedures
- Use, Inspect and maintain rescue equipment
- Understand and prepare an emergency rescue plan

Course Content

- ◆ Legislation and codes of practice
- ◆ Hazard identification
- ◆ Equipment requirements
- ◆ Inspection and maintenance
- ◆ Risks to the body
- ◆ Suspension Trauma
- ◆ Rescue provisions
- ◆ Practical session (fitting and inspection of full body harness, restraint lanyard and correctly attach to an anchorage point)
- ◆ Theoretical assessment

Certification

A certificate of competence will be issued to successful candidates.

Numbers

A maximum of 8 students can be accommodated on this course and each participant must be aged a minimum of 16 years or above.

Location

We are able to deliver this course on your site, subject to a pre-course assessment of your premises, reducing your costs in respect of additional time out travelling