

## Working at Height Safety Course

### Description

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

### Duration

A half day course consisting of theory and practical work.

### Syllabus

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

- Understand current regulation
- Identify hazards in working at height
- Identify the equipment requirements
- Select personal protective equipment
- Plan work 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

There is no formal assessment; the trainer will assess each individual ongoing throughout the course.

A certificate of competence will be issued to successful attendees

### 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