

WORKING AT HEIGHT – TRAINING



DURATION

1 day

COST

£75.00 per person

OBJECTIVE

The course provides an outline of the legislation, equipment standards, marking, inspection, record keeping and maintenance. Training is given in the correct practical use of PPE along with a theoretical knowledge, intended purpose and as close as possible to the candidates work situation

TARGET GROUP

The course is designed for candidates who are actively involved in working at height

PREREQUISITES

Not applicable for this course

EXAMINATION

Assessment of the Learning Outcomes will be by the means of multiple-choice question paper and via observation of the practical exercises

COURSE CONTENTS

Theory

- Complying with WAHR, HASWA, MHSWR, PUWER, LOLER
- Hierarchy of WAH equipment selection
- Equipment, inspection, maintenance and documentation
- Selecting the appropriate equipment
- Safe use of ladders
- Safe use of scaffolding platforms and MEWPS
- Recognising the hazards when working at height
- Fall prevention
- Fall restraint
- Fall Arrest Trauma

Practical

- Identification of equipment, to include types of visual damage

“Continual Improvement”

- Correct donning of Harness, including pre-use checks
- Ladder ascent and descent using temporary and permanent systems
- Work restraint systems
- Fall arrest systems



“Continual Improvement”