

## Working at Heights Course

This course is approximately 2 days dependant on group sizes and is delivered using the latest multimedia equipment and incorporates theory, practical and DVD to cover the topics which make for a very enjoyable course.

**Course Duration: 2 Days Certification: Working at Heights**

### Course Objective:

This 2 day course is designed to offer a cost effective way of training your staff in-house whilst giving them a more in depth look at the risks involved with Working at heights tasks.

### Day 1 Course Outcomes:

Including the following topics:

- What is Working at Heights?
- Introduction into the Working at Heights regs 2004 amended 2007 and legislation, power, LOLER.
- Hierarchy of Working at Heights.
- Rescue plan requirements under Working At Heights
- Fall arrest, work restraint and work positioning.
- Use of tools whilst working at height.
- Harness selection fitting and use.
- Suspension Syncope and current HSE rational for treatment.
- Fall arrest lanyards selection and use.
- Work restraint lanyards selection and use
- Workplace tour looking at working at Heights issues.

### Practical

- Application of skills learnt using work place venues. Vertical Ladders scaffold, working platforms.
- Rescue plans and use of simple equipment to affect rescue.
- Confirmation of learning assessment written.
- Practical sessions will be assessed by observation and checklist

### Day 2 Course Outcomes:

Including the following topics:

- Recap of previous day's learning.
- Correct use of portable ladders and their limitations
- Rescue plans and planning working at height activities.
- Exercise. risk assessment and planning Working at Heights
- Work restraint lanyards application and use for work positioning.
- Rescue plans and introduction to rescue pack.

### Practical

- Practical session, work positioning work restraint and fall arrest.
- Latchway use on roofs.
- Afternoon session will be practical application of rescue pack and rescue plans. Through scenario based training in various situations.
- Confirmation of learning will be carried out through observation and checklist

### Pre-requisites:

None

### Course Accreditation:

In house