



# WORKING AT HEIGHTS COURSE

This course is approximately 2 days, dependent 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 Certificate

## 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.

## Certification

- Valid for 3 years

## Day 1 Course Outcomes

- What is Working at Heights?
- Introduction into the Working at Heights regs 2003 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

## Day 1 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

- Recap of previous days learning
- Correct use of portable ladders and their limitations
- Rescue plans and planning working at heights 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

## Day 2 Practical

- Work positioning work restraint and fall arrest
- Latchway use on roofs
- Application of rescue pack and rescue plans