

WORKING SAFELY AT HEIGHTS

COURSE AIM

To provide workers with a working knowledge of the hazards involved in working at height, and to familiarise them with the use and application of harnesses and fall protection systems available.

TARGET GROUP

This training is designed to all personnel who may be called to work at height for specialist or routine operations.

COURSE CONTENT

On completion of the course delegates will be able to demonstrate knowledge and competence in the theory and practice of the following,

- Definition of work at height,
- Major fall hazards,
- Identification of hazards associated with work at height,
- Personal protective equipment inspection and maintenance,
- Forces involved in a fall,
- Fall protection systems,
- Fall arrest hazards,
- Fall clearances,
- Anchor points and slings,
- Inertia reels, and
- Scaffolds and ladders.

COMPETENCY

Delegates are required to pass an assessment of practical skills and a written or verbal examination of theory.

PRE REQUISITE

Prior to participating in this course, delegates should have medical clearance.

METHOD OF TRAINING

Classroom theoretical and practical training exercises, with demonstrations of equipment as appropriate and will include the visual teaching aids, writing materials and provision of catering.

COURSE DURATION

One (1) day.

RATIO OF THE TRAINING

50% Theory / 50% Practical

VALIDITY OF CERTIFICATE

2 years

