



## Rooftop Safety

### Course Aim

This 1 day course is aimed at delegates who require safety training on safely accessing and working on rooftops, in protected and unprotected areas. Delegates will undergo both theory and practical instruction on setting up and utilising work restraint techniques, fall arrest systems, hierarchy of working at height controls and identifying potential risks and hazards to enable safe working at height.

This training will ensure that the delegate has the knowledge to comply with the Work at Height Regulations 2005, HSE HSG33 Health and Safety in Roof Work, and MATs GN011 Rooftop Access and Work.

### Who Should Attend?

Delegates are expected to carry out activities at height, therefore should have confirmation or self-certification of adequate medical fitness. (A list of contraindications is available on request)

Delegates should also have good knowledge of the English language.

### Course Duration

This is a 1 day course.

### Certification

Upon successful completion of the course, delegates will receive certification which is valid for 3 years.

### Agenda

The course involves 7 hours of classroom-based and practical tuition.

- Legislation and regulations surrounding Work at Height
- Risk assessments and Emergency & Rescue plans
- Typical hazards associated with rooftops and working at height and the importance of avoiding these
- Prevention of falls & injuries
- PPE & pre-use checks and fitting
- Utilisation of work positioning techniques and safe anchor points
- Safe use of portable and permanent vertical systems
- Safe use of lanyards and harnesses
- Safe use of work restraint systems
- Safe climbing techniques
- Lifting & lowering small items