



Management of Work at Height Training

Course Aim

This course aims for delegates to have an understanding of requirements for planning, organising and supervising work at height. It also looks to provide options on how to comply with work at height hierarchy as well as a background of systems and equipment that can be used. Delegates will receive an understanding of the equipment standards to ensure usage within the intended purpose.

Who Should Attend?

Those who oversee, supervise or manage a workforce where there's a requirement for working at height.

Course Entry Criteria

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and work at height are available on request)

Course Duration

This is a 1 day course.

Maximum Delegates

Maximum attendees: 10 delegates.

Certification

On successful completion delegates will receive a certificate valid for three years.

Agenda

Theory

- Overview of legislation - Management of Health & Safety at Work Regulations and The Work at Height Regulations 2005
- Risk assessments and work at height analysis
- Record keeping and inspection procedures
- Understanding of how to plan work at height in relation to hierarchy of measures
- Overview of collective measures - MEWP's, soft landing systems and scaffold systems
- Requirements of personal measures - work position, work restraint, rope access and fall arrest
- Personal fall protection equipment (PFPE) use and limitations - fall arrest blocks, fixed fall arrest systems and lanyards
- Safe use of ladders
- Prevention of dropping objects
- Planning for evacuation and rescue when working at height