



Working at Height



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Work at Height can expose workers to particularly severe risks to their health & safety and continues to be a major cause of death and serious injury. Employers and duty holders have a duty to protect anyone who might be exposed to these risks by ensuring that any form of work at height is planned, supervised and carried out safely.

Content

- Working safely at heights
- Scaffolds
- Ladders and stepladders
- Handling of personal fall protection equipment
- Emergency plan techniques

Course Content

- Roof work and fragile surfaces
- The hierarchy of control measures
- Safety harnesses
- Protection against falling materials
- Selecting the right means of access and work equipment
- Safe working platforms
- Scaffolds
- Guard rails, toe boards and brick guards
- Inspection and maintenance of scaffold
- Use of scaffolds
- Ladders and stepladders
- Mobile elevating work platform



Who Should Attend

- Facilities managers, supervisors, employees and employers who have a responsibility for or are involved in work at height
- Window cleaners, Roof workers and Tree surgeons
- Anyone works at height



On successfully completing the course, attendees will be able to:

- Understand regulations related to working at heights.
- Implement the safe practices working on heights.
- Know the mobile elevating equipment.
- Understand the scaffold and ladders safety.
- Creating a safe work zone (Tape In/Tape out).
- Understand the usage of the personal protective equipment.
- Test and verify scaffolds.
- Understand why you must use body harness.
- Understand the field testing requirements.