

Working at Height

Duration	1 day
Target group	With the latest changes to Working at Height employers need to re-assess and monitor their staff who are working at height. This course is designed for up to 12 delegates who actively work at Height and who use Harnesses and other associated equipment to carry out their duties. The course is split 50/50 theory (am) and Practical (pm).
Prerequisites	No Previous Experience Required.
Objective	This course is aimed to provide delegates with the knowledge and understanding of safety measures and fall prevention techniques when working at height and work based training scenarios.
Contents	<p>THEORY</p> <p>Complying with W.A.H.R, HASWA, M.H.S.W.A, PUWER, LOLER</p> <p>Hierarchy of WAH equipment selection</p> <p>Equipment inspection, maintenance and documentation</p> <p>Selecting the appropriate equipment</p> <p>Safe use of Ladders</p> <p>Safe Use of Scaffolding Platforms and MEWPS</p> <p>Recognising the hazards when working at height</p> <p>Fall Prevention</p> <p>Fall Restraint - Fall Control/Arrest Systems</p> <p>Fall Arrest Trauma</p> <p>PRACTICAL</p> <p>Identification of equipment, to include types of visual damage</p> <p>Correct donning of Harness, including pre-use checks</p> <p>Ladder ascent and descent using temporary and permanent systems</p> <p>Work restraint systems</p> <p>Fall arrest systems</p> <p>Use of Horizontal Safety life lines</p>
Exam	<p>On successful completion of this course delegates would have completed a theoretical test, and have participated in the practical content relating to various equipment used when working at height and various fall prevention techniques.</p> <p>The validity of the certificate is 2 years.</p>