

## Working at Height - OSHA Standards

---

**Duration** 60 minutes

---

**Target group** Oil & Gas Industry

---

**Prerequisites** No prerequisites are required to sit this course.

---

**Objective**

- LO1: Describe what working at height is
- LO2: State the risks associated with working at height
- LO3: Explain the steps for assessing the safest way to work at height
- LO4: Describe considerations when choosing safe access to work at height
- LO5: List the equipment that could be used to access work at height and their safety implications
- LO6: Identify the responsibilities of each person working at height
- LO7: Describe some of the controls that should be put in place when working at height
- LO8: Identify Personal Protective Equipment (PPE) requirements for working at height
- LO9: Describe equipment inspection requirements
- LO10: Describe a dropped object and how to prevent it
- LO11: Find examples of controls that must be in place

---

**Contents**

The course is available in the following languages: US English; Spanish

To provide the knowledge to work at height safely, including explaining the hazards of working at height, the controls that must be in place to help keep you safe and the Personal Protective Equipment, or PPE, that must be worn whilst working at height.

Employers should provide additional training when a new hazard/procedure/condition or piece of equipment is introduced into the workplace or "unscheduled" refresher training is recommended as directed to address inadequacies in knowledge and to address unsafe acts/deviations from procedures.

---

**Exam** The assessment is taken during the course and is within the expected duration.