



SAFE WORKING AT HEIGHT COURSE

Duration: 1 Day

Theory: 50% Practical: 50%

Location: Your Site

Valid for: 3 Years

Course code: 01WHB

Assessment: Continuous

If the task simply cannot be done from the ground (or safe working platform) and needs the freedom of movement at height, you must be able to work at height safely.

Anyone, with no previous experience, who requires the skills to access, move around, secure themselves and safely work at height - then this is for you.

Course Aims -To train and assess individuals to manage and maintain their own and their co workers safety while working at height, and to be able to act effectively in an emergency

The course covers:

- Regulations, hazards, risks, and planning your work at height
- An understanding of planning for rescue
- Alleviate trauma and assist casualties whilst at height
- Risk assessments and safe systems of work at height
- Procedures for access, methods and platforms
- Fall factors, fall protection, anchor requirements
- Orthostatic intolerance (suspension trauma)
- Inspection, care and maintenance of PPE
- Harness fitting and anchor selection

The course will enable delegates to:

- Assess, combine and use anchors
- Be able set up and use work restraint, work positioning and fall arrest
- Fit and use a harness, lanyards and other PPE
- Build systems using slings, connectors, inertia reels and associated height equipment
- Move around, secure themselves, their equipment and perform tasks at height
- Perform immediate casualty care to a casualty in suspension

SO WHAT DOES THIS MEAN...

This 1 day course will teach your team the legislation in an easily understandable way, what you are able to do and how to help others at height.

If the edges need to be unprotected, if you need to work on (or on the outside of) a structure, then this will help you to assess and build anchors, apply system redundancy, minimise and arrest a fall, set up work restraint and use work positioning.

Essentially to learn practically - to be safer whilst working at height.

We can adapt solutions to fit your needs too