



Working at Height

Aim

The aim of this course is to provide a level of knowledge and understanding that will raise levels of competence and result in safer '*working practices*'.

Duration

½ -1 day. The course duration and choice of modules is agreed with the client and tailored in accordance with the organisation's requirements.

Objectives

- Define 'Working at Height' and gain an awareness of the legal requirements, e.g. HASAW Act 1974, WAH Regs 2005, PUWER 1998
- Learn the competencies required for working at height
- Acquire a full understanding of the hazards associated with working at height
- Recognise the 'Hierarchy of Controls' for working at height
- Understand risk assessments and follow a safe system of work
- Determine the principles for selection of equipment most suitable for the task
- Identify techniques for mitigating falls from height
- Become fully familiar with inspection standards for the equipment
- Appreciate how actions and behaviours lead to injuries and accidents
- Participate in group discussions examining working at height scenarios.

Course content

Working at Height comprises five core modules:

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|----------|---------------------------------|
| Module 1 | Working at Height – General |
| Module 2 | Ladders * |
| Module 3 | Mobile Scaffolding Towers ** |
| Module 4 | Tube and Fit Scaffolding |
| Module 5 | Mobile Elevated Work Platforms. |

* Written assessment for this module

** Written and practical assessment for this module.