

Safe Working at Height

Course Content

Who Should Attend

This course is designed for those personel who work at height and is aimed to give awareness of the risks associated and control measures.

Course Aim and Content

On completion of the course operators will be able to list their responsibilities under the relevant legislation and demonstrate their knowledge

- Health and Safety at Work Act 1974
- Management of the Health and Safety at Work Regulations
- Lifting Operations Lifting Equipment Regulations 1998
- Working at Height Regulations 2005
- Accident Case Study Jason Anker
- What are the Hazards
- Risk Assessment and Safe System of Work
- Mobile Elevated Work Platforms
- Mobile Scaffold Towers
- Ladder Safety
- Scaffold
- Collective and Individual Protection
- PM28 Working Platforms with Lift Trucks
- Harness and Fall Arrest
- · Hierarchy of control measures while working at height
- Rescue plans
- Theoretical Examination

Training and Testing Methods

A high proportion of theory exercises, this is followed by a theory test.

Course Accredited by

NPORS or Small Training Solutions Certified







