



Working at Height Awareness Course Overview

The Work at Height Regulations 2005 apply to all industries and work where there is a risk of a fall liable to cause personal injury. It covers essential information on managing and carrying out work at height, including the selection of appropriate equipment, the hierarchy of risk controls, identification of danger areas and rescue requirements.

Working at Height Awareness Course Aim

To equip delegates with the knowledge and skills to be able to work safely when working at height in accordance with legal duties and information implied and supplied to both employers and employees.

Working at Height Awareness Course Content

- Work at Height Regulations and legislation.
- Statistics and analysis for the cause of work at height accidents.
- Planning work and Risk assessments.
- Work at Height hierarchy and principles of prevention.
- Trauma and other medical considerations which may occur during work at height
- The safe use, maintenance and care of work at height equipment.
- Safe use, inspection and maintenance of a Harness, lanyard and connector.
- Correct fitting of a safety harness combined with a variety of fall protection equipment.
- Working methods, safe use and installation Inc. restraint, work positioning and fall arrest.
- Hierarchy of fall prevention and protection measures set out in the Work at Height Regulations.
- Introduction of Horizontal Life Lines both temporary and permanent.
- Safe and suitable anchors.
- Provisional Use of Work Equipment Regulation (PUWER) 1998 and Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 requirements.
- Rescue requirements and considerations

Working at Height Awareness Learning Outcomes

- An understanding of key safe system of work requirements when Working at Height.
- The ability to inspect, use and maintain a wide variety of work at height equipment.
- Understand legal guidance and industry best practice in relation to Work at height.