



Training Course:

WORK AT HEIGHT AWARENESS

This one day course introduces the principles and equipment involved in modern work at height systems and, through a combination of classroom and practical work, the process of a safe and systematic approach to working at height operations.

Current legislation requires rescue planning to be considered as part of work at height operations and an understanding of the requirement for safe and effective rescue will be an element of this course.

Whilst a combination of theory and practical training, emphasis is placed on practical learning. The syllabus focuses on:

- ▶ Legislation and Regulations
- ▶ The Hierarchy of Fall Protection
- ▶ Ladders
- ▶ Scaffold Towers (optional)
- ▶ Mobile Elevated Work Platforms (optional)
- ▶ General Principles of Personal Fall Protection Systems
- ▶ Fall Arrest
- ▶ Personal Fall Protection Equipment
- ▶ Equipment Inspection
- ▶ Organisation and Planning (Risk Assessment for Work at Height)
- ▶ Rescue and Emergency Planning

Delegates are required to complete a written examination paper as part of the course.

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