

Course Outline



Complete Height Safety Hierarchy.

A full day of height safety on site with practical involvement and hands on. Following the Height Safety hierarchy from avoidance, through collective prevention, personal prevention, collective protection and then personal protection, and rescue. With practical work on edge protection systems, collective prevention for scaffolders, harness practical, retractable blocks, and some rescue equipment.

Throughout, the message would be focussed at site management. Owning/supervising the interface between trades and packages, questioning the method statement, and looking for opportunities for combined improvement.

08:00	Arrive and Coffee
08:30	Height Safety awareness and the Height Hierarchy. The Work @ Height Regs, Avoid, Passive & Active, Collective & Personal, Fall Factors.
09:30	Collective Prevention with System edge protection. What to look for in an installation and in the installer.
10:15	Coffee
10:30	Collective Prevention with scaffolding (SG4:10). What to look for in an installation and in the installer.
11:45	Hands on system edge protection and collective prevention for scaffolders. (outside demonstration)
12:30	Lunch
13:15	Personal Prevention. Restraint systems, MEWPs, height access, blocks and common concerns.
13:45	Collective Protection. Safety Nets, fans, (for men and materials), airbags, bean bags. What to look for in an installation and an installer. Personal Protection. PFPE (harness and lanyard solutions). Clearance and Rescue
15:00	Coffee
15:15	Hands on with retractable blocks, harnesses, lanyards, and rescue kit.
16:00	Question paper, Q&A, feedback.
16:30	aim to close

Outcomes

On completion, the delegates will have a full understanding of the Height Safety hierarchy, and how it relates to the Management (of H&S@W)) Regs, the Work @ Height Regs, and the CDM Regs. They will understand the principles of fall factors and how to avoid, prevent, and mitigate falls.

They will know the key technical content of the standard for Edge Protection (EN 13374), the interim guidance for fall protection of scaffolders (SG4:10), and the key details within the standard for Safety Nets (EN 1263). They will also know the principles of Restraint and how to select Personal Fall Protective Equipment commonly available for construction, and of some of the common misunderstandings, and any recent changes in best practice.

They will know what to look out for when selecting a specialist contractor for the installation of any of these temporary solutions, and when to raise questions or concerns about the specialist work standard or access method.

The delegates should come dressed for site work, with the necessary PPE.

A suitable training scaffold must be provided/available.