

Course Outline



How to select the best Work at Height method.

A half day of height safety training aimed at all who manage work at height activities in all areas. This course is relevant to those who run facilities, factories, process plants, utilities, transport facilities and power.

The course follows the hierarchy from opportunities to avoid work at height, through collective prevention, personal prevention, collective protection and then personal protection, and rescue.

It is fine tuned towards the delegate's interest and specialism, and can be extended to include practical work if facilities allow.

The aim of the training is to ensure that all who have influence or responsibility for work at height, are able to select equipment and manage work, using the hierarchical approach, and that they are suitably informed concerning what to look out for

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	Opportunities to avoid work at height, with alternative inspection methods, remote control and the use of technology.
10:00	Collective Prevention , permanent and temporary, with guard rails, scaffolding, MEWPs, towers, and other working platforms. How to select, what to use where, floor/ground loading and preparation, internal external, exclusion, rescue, maintenance management,
10:30	Coffee
10:45	Personal Prevention. Podium steps, Restraint systems, Rope Access, PFPE, height access, blocks, common concerns and other solutions.
11:30	Question paper, Q&A, feedback
12:00	aim to finish

If facilities are available for a practical session, the course can include demonstrations and hands on, with harnesses, restraint systems, PASMA towers and other specific equipment.

On completion, the delegates will have a full understanding of the Height Safety hierarchy and how it relates to the W@H Regs, and their responsibilities.

They will understand fall factors, the priority of collective, passive measures, and the need for rescue.

They will have a range of ideas to avoid the need to work at height.

They will know the key technical and practical aspects concerned with the selection of a range of practical solutions to work at height problems, and what order to select them in.

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