

## Working at Height

**Duration:**

4 hours

**Aim:**

This course is designed for those who are required to work at height during the course of their work. It is designed to make them aware of the hazards and risks associated with this kind of work, as well as the safest ways in which to work at height.

**Objectives:**

By the end of the course candidates should be able to;

- Recognise the need to eliminate the need to work at height whenever practicable.
- Identify common types of work at height hazards, and who could be affected by them.
- Select appropriate equipment to use when working at height
- Identify safe working methods for working at height.
- Recognise appropriate types of personal protective equipment to be used when working at height, including fall protection systems (nets etc), and fall arrest systems (harnesses etc).

**Contents:**

- Frequency of accidents involving heights and their causes.
- Falls of workers and falls of equipment caused by using inappropriate access equipment; adverse weather, overloading, structural failure, uneven or loose ground, incompetent erection, etc
- Various types of access equipment and its uses.
- Safety precautions to be taken when working at height.
- Key legal duties related to working at height..

**Certification:**

The Institute of Health and Safety