

Work at Height Awareness



Who should attend?

- Individuals that plan, organise, or carry out work at height and therefore need a clear and practical understanding of hazards, risk and control measures involved.
- It is a legal requirement of the Work at Height Regulations that those who work at height or organise such activities are competent to do so.



Course content

- The Work at Height Awareness course covers essential information on managing and carrying out work at height.
- The primary focus will be on the risk reduction techniques found in the hierarchy of risk controls within the Regulations.
- It includes the selection of appropriate access equipment including looking at up to date access solutions, identification of danger areas and rescue requirements.
- Delegates will also have the opportunity to see real-life case studies of good and bad practice
- Crucially, we will investigate perception of risk as well as other aspects of human behaviour that cause us to act the way we do when we work at height.

NB: Additional training must be provided by employers for the use of specific equipment such as harnesses, scaffold towers and MEWPs



Assessing learning outcomes

- Our course ends with a multiple-choice theory test



Course duration

- ½ day



Refresher training

- Certification renewal advised after 3 years



Please bring

- Just yourself – we will provide everything you need on the course



Key facts

- Falls from height cause a high proportion of fatal accidents in the workplace. They also cause a third of all major injuries.
- This course is essential for workers and supervisors alike and may well save a life.



Work at Height Awareness



Course programme guide

Session 1

- Consequences of accidents
- Duties of employers and employees
- Defining work at height
- Organisation and planning
- Competence
- Examples of good and bad practice

Session 2

- The hierarchy of risk controls - what the Regulations require us to do
- Options for access
- Selection of equipment
- Work equipment requirements
- Ladders/ steps and hop ups - safe use
- Fragile surfaces, falling objects and danger areas
- How do accidents happen?



Visit www.hcssafety.co.uk for dates and prices

