

Work at Height Awareness

½ day course

Who is the course for?

Individuals that plan, organise, or carry out work at height and therefore need a clear and practical understanding of the Work at Height Regulations 2005.

What's in the course?

The Work at Height Awareness course covers essential information on managing and carrying out work at height.

We will look into why people take the risks they do, and what happens when we fall. 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 and also results of accident investigations that we have conducted in the past.

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.

High risk work

Falls from height cause a high proportion of fatal accidents in the workplace. They also cause a third of all major injuries. If your employees are exposed to specific risks you have a legal obligation to provide them with the training they need.

Assessment

There will be a multiple choice test at the end of the course



Course Duration

½ day

Refreshers

We advise that you renew your training after 3 years

The Law

The Work at Height Regulations 2005 require all employers to ensure the competence of anyone who plans, manages or carries out work at height.



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?