

# Working at Height Awareness

<b>Accreditation</b>	ESS Certificate
<b>Course duration</b>	Half Day
<b>Certificate valid for</b>	3 Years

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## Who should attend

Any persons who requires a general awareness of working at height, are planning or arranging work at height activities or are physically working at height within any industry.

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## Course information

### Overview

The Work at Height Regulations 2005 apply to all industries and work where there is a risk of a fall liable to cause personal injury. It covers essential information on managing and carrying out work at height, including the selection of appropriate equipment, the hierarchy of risk controls, identification of danger areas and rescue requirements.

### Course Aim

To equip delegates with the knowledge and skills to be able to work safely when working at height in accordance with legal duties and information implied and supplied to both employers and employees.

### Course Content

- Work at Height Regulations and legislation.
- Statistics and analysis for the cause of work at height accidents.
- Planning work and Risk assessments.
- Work at Height hierarchy and principles of prevention.
- Trauma and other medical considerations which may occur during work at height
- The safe use, maintenance and care of work at height equipment.
- Safe use, inspection and maintenance of a Harness, lanyard and connector.
- Correct fitting of a safety harness combined with a variety of fall protection equipment.
- Working methods, safe use and installation inc. restraint, work positioning and fall arrest.
- Hierarchy of fall prevention and protection measures set out in the Work at Height Regulations.
- Introduction of Horizontal Life Lines both temporary and permanent.
- Safe and suitable anchors.
- Provisional Use of Work Equipment Regulation (PUWER) 1998 and Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 requirements.
- Rescue requirements and considerations

### Learning Outcomes

- An understanding of key safe system of work requirements when Working at Height.
- The ability to inspect, use and maintain and wide variety of work at height equipment.
- Understand legal guidance and industry best practice in relation to Work at height.

## Learner Numbers

In order to ensure the interaction between the learners and the tutor is spread evenly and effectively, and to ensure the courses are fully delivered in accordance with the Scheme rules, the maximum number of learners allowed on a course is twelve.

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## Assessment

Multiple choice question paper.

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## Certification

Successful learners will be awarded an Essential Site Working at Height Training certificate valid for 3 years.

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## More details

### Benefits of Work at Height training

Second to Respiratory related illnesses only, Work at Height is the 2nd biggest cause of workplace deaths throughout the UK across all industries. To safeguard both the employer and employee, training on working at height procedures and processes is a MUST to avoid potential life changing injuries, if not death to an employee. A suitable and sufficient risk assessment for high risk activities must be carried out with the necessary safety precautions implemented and controlled - the only way to ensure legal and practical compliance is by attending one of our informative Work at Height courses.

Any person who is, or intending to work at height, and in particular those wearing a harness, must receive awareness and practical training on how to inspect and fit a harness correctly.

### Further recommendations

Safe use of Ladders/Step Ladders

Work at Height Rescue course. It is a legal requirement to plan and prepare for any rescue situation without reliance on the fire brigade with a trained rescue team and suitable equipment

Work at Height Equipment Inspector. Any work at height equipment you use must receive various legal compliance inspections at intervals of 6 months, or before, by a competent person.

A bespoke option for this course involving practical application of equipment on site is also available. Please request details.