



Safe Working at Height & Ladder Safety

COURSE DURATION

½ day

FOR WHOM THE TRAINING IS INTENDED

Anyone who needs a thorough and well-structured introduction to the key safety issues and legal implications of working at height.

THE AIM OF THE TRAINING

To enable an individual to effectively comply with their duties under the Work at Height Regulations.

COURSE CONTENT

- Introduction
- Competent person
- Legislation
- Work at Heights Regulations 2005
- Safe & Unsafe Working practices – Safe places of work, Personal fall protection equipment, Scaffolds & Mobile Access Towers, MEWPs and suspended platforms, Ladders & Steps, Fragile Roofs and other surfaces.
- Recognizing common unsafe practices/Hazards
- Collective Fall protection/Prevention
- Need for inspection of Work Equipment
- Falling objects and danger areas
- Assessment

ASSESSMENT

- (a) Examination – Theory test.
- (b) Practical – Demonstration of skill.