

WORKING AT HEIGHT

COURSE CONTENT OVERVIEW



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TRAINING

Falls from height are one of the most common causes of injury in the construction industry and are the single biggest cause of workplace deaths.

The Work at Height Regulations 2005 require employers to ensure that a sufficient risk assessment is undertaken to identify and control any risks from work at height. Employers must also ensure that their employees are properly trained so that they can carry out their work without harm and use any access equipment safely and correctly.

Module One: Introduction and Legislation

This module offers an introduction to work at height and explains employer and employee duties under the Work at Height Regulations 2005.

- The risks
- Work at Height Regulations 2005
- Employer duties
- Employee duties

Module Two: Work at Height Risk Assessments

This module explains what a risk assessment is and how to carry one out, discussing each step in the risk assessment process in detail.

- What is a risk assessment?
- Identifying hazards
- Deciding who may be harmed
- Evaluating risks
- Recording findings
- Reviewing and updating

Module 3: Avoiding, Preventing and Minimising Risks

This module shows how you can reduce and control the risks in the work area, including the risks presented by vehicles and fragile surfaces. The module also explains what to do in regards to training and emergency procedures.

- Avoiding work at height
- Preventing falls
- Reducing the consequences of a fall
- Personal protective equipment
- Selection of work equipment
- Fragile surfaces
- Vehicles
- Training
- Inspection of work equipment
- Emergency procedures

Module 4: Work at Height Equipment

This module looks at the safe usage of the most common pieces of work at height equipment that can be provided where necessary as identified by the risk assessment.

- Mobile towers
- Erecting mobile towers
- Safe use of mobile towers
- Low level access platforms
- Mobile Elevating Work Platforms (MEWPs)
- Safe use of ladders and stepladders
- Securing ladders

Aims of the Training

By the end of this course, you will be able to:

- Understand the main features and requirements of the Work at Height Regulations.
- Give examples of common working at height tasks and understand the associated hazards and risks.
- Identify the factors that contribute to persons and objects falling from height.
- Describe the control measures that control and reduce the risk of falls from height.
- Understand the proper use of access and work at height equipment and safe methods of access to reduce or eliminate the risk of falls.