

COURSE CONTENT OVERVIEW

Working at Height



Falls from height are one of the most common causes of injury at work. They can result in serious injuries and fatalities to people at work and others passing by. Therefore, it's important that anyone carrying out work at height activities understands how to work safely and responsibly, and in accordance with the law.

This Working at Height course is designed to help anyone who works at height in any place, either at or below ground level, to understand the risks involved. Recognising these risks and knowing how to correctly implement the control measures your employer sets out to manage them is essential to ensure you can carry out your work activities safely.

Module 1: The Risks from Working at Height

This module introduces what work at height is and its associated risks. It discusses employee duties for safe working and outlines the legal responsibilities placed on employers, or those in control of work, for ensuring safe work at height under the Work at Height Regulations 2005. This module also contains optional content for employers and those in control of working at height, that further outlines their responsibilities to ensure safe working.

- What is working at height?
- Legal requirements
- Working safely
- Optional content
 - Risk assessments
 - Selection of work equipment
 - Fragile surfaces
 - Legislation regulating work
 - Inspection and marking of work equipment
 - Training
 - Emergency procedures

Module 2: Avoiding, Preventing and Minimising Risks

This module outlines the steps of the hierarchy of control for working at height; avoid, prevent and minimise, to reduce the risk of a fall. As part of the hierarchy, this module also explains how to erect and use a range of work at height equipment safely and correctly, including ladders and stepladders.

- The hierarchy of control for working at height: avoid, prevent and minimise
- Protective work equipment
- General access scaffolds
- Tower scaffolds
- Low-level platforms
- Mobile elevating work platforms (MEWPs)
- Collective mitigation equipment
- Fall arrest PPE
- Ladders and step ladders
- Fragile surfaces
- Vehicles

Module 3: Selection of Work Equipment and Emergency Procedures

This module details how to select the most appropriate work equipment for a work at height task, as well as how to inspect equipment to ensure it is safe to use. Additionally, it discusses how to report any concerns you have regarding your work tasks, as well as the importance of emergency procedures for work at height.

- Selection of work equipment
- Inspection of work equipment
- Reporting concerns
- Emergency procedures

Aims of the training

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

- Outline your responsibilities for working at height safely.
- Recognise the hazards and risks associated with working at height.
- Explain the factors that contribute to persons and objects falling from height.
- Select appropriate measures to control the risks from working at height.