

# Working at Height

## 2 - Day Course

### COURSE OVERVIEW

Aimed at those working at height. This course focuses on providing delegates with the knowledge and practical experience and will include Climber, Tower Rescue, Rooftop Safety, Radio Frequency Awareness and workmate rescue and escape training from a range of scenarios typically found in the workplace. Those attending are taught to assess the situation, and consider all the available options before attempting a rescue. The techniques taught on this course are designed to be simple, use friendly and easy to remember while not putting the rescuer at risk. Training focuses on lowering and hauling techniques but do not cover abseil rescues.

This course will also equip those attending with the necessary skills require to evacuate personnel from a high structure, platform or equipment during an emergency.

### COURSE CONTENT

- **Legislative Duties for Working at Height:**
  - The Health & Safety at Work Act 1974
  - Section 2, General duties of employers
  - Section 7 & 8, General duties of employees
  - The safety and welfare at work(Working at Heights) Regulation 2006(SI318/06)
  - The Provision & Use of Work Equipment Regulations 1998 (an overview)
  - Safety Awareness
- **Working at Height RF:**
  - What is RF(Radio Frequency)
  - Exposure to RF Hazard areas and signage
  - Basic understanding of RF and its effects on the human body
- **Risk Assessments Hazards:**
  - Planning
  - Risk assessment Generic/Non Generic where and when
  - Work Equipment and inspections
- **Climbing Techniques**
  - Fall arrest systems fixed and temporary
  - Anchor point selection
  - Safe use of ladders fixed and portable
  - Access ways protected and unprotected
  - Edge protection
- **Rescue from Height:**
  - General requirements for rescue
  - Emergency Procedures
  - Dealing with trauma
  - Introduction to rescue equipment
  - Self-rescue
  - Rescue both raise and lower
  - Avoiding obstacles
  - Use of tag lines
  - Casualty management

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## **PRE-REQUISITES**

Persons attending this course must be medically fit and should have had the required training to allow them to work at height in the environment the rescue equipment is to be used.

## **WHO WILL BENEFIT**

Those who will be working at height and who will be responsible for using personal fall protection equipment that may leave him/her or their colleagues in suspension requiring rescue.

## **DETAILS**

All delegates should be competent in using a Safety Harness prior to the course. If they are not certified in using a Safety Harness please note we offer this training on site as a Half day course.

## **PPE REQUIRED**

Hard Hat, Safety Harness, High Vis Jacket/Vest and Boots

## **CERTIFICATION**

All delegates will receive a certificate and photo ID card valid for 2 years upon successful completion of the course and written and practical examination

**Maximum No. of Delegates: 6**