

Working at Height Course

Duration:

Half Day

Group Size:

Maximum of 12 delegates per course.

Who should attend?

Anyone who is required to work at height.

Course Aims:

The course aims to give candidates a good overall knowledge of the Working at Heights Regulations, 2005. And to enable them to organise and plan working at height, avoid risks and select appropriate work equipment for a particular task.

Course Objectives:

Upon completion of the course the delegates will know: -

- Key points to Working at Heights Regulations, 2005
- Importance of organising and planning works at height
- Importance of inspecting equipment
- How to select appropriate equipment

Course Outline:

- Overview of the Working at Height Regulations
- Accident statistics
- Definition of Work at Height
- Risk assessment and hierarchy of measures
- Organisation & planning
- Selection of appropriate equipment
- Use of ladders and stepladders
- Inspection of equipment
- Emergency procedures

Certification:

Candidates will receive a course handout summarising the topics covered. Candidates will receive a certificate of attendance.

