



Working Safely at Heights



Introduction

The aim of this course is to provide delegates with training to improve their knowledge and practical understanding of the hazards, risks and control associated with working safely at heights.



Course Duration

This course takes place over half a day.



Who Should Attend

This course is suitable for roof workers, scaffolders, tradespersons, steel workers, powered access operators and all persons required to work at heights.



Course Programme

- Course introduction
- Overview of current legislation, ACOPs, and industry best practise
- Hierarchy of control to include relevant practical exercises
- Fall prevention measures to include scaffolds, portable aluminium towers, MEWPs and other forms of edge protection
- Fall arrest to include safety nets, bags, safety harnesses, running lines etc
- Working safely on roofs
- Fragile surfaces
- Falling objects precautions
- Use of other access equipment to include ladders, step ladders and trestles



Certification and Assessment

Delegates will be assessed on their input throughout the training session. On successful completion delegates will receive an SSG certificate. Course certification lasts 3 years.



Suggested Follow on and Complementary Courses



PASMA Towers
for Users



CITB Site Supervision
Safety Training Scheme