

Appreciation of Safe Working at Height Course Specification

Duration: 1 day

Attendees: Managers/Supervisors who arrange for Work at Height

Objectives: To give the attendees an appreciation of all issues and forthcoming Regulations with reference to Safe Work at Height

Content:

- Introduction to course
- Work at height accident statistics
- The Work at Height Regulations 2005
 - Hierarchy of control
 - Planning for Work at Height
 - Competence/training
 - Avoidance of risk
 - Selection of equipment inspection
- Existing places of work at height
- Guardrails
- Scaffolding
- Lightweight Tower Scaffolding (PASMA)
- MEWPS (Mobile Elevated Work Platforms)
- Staging/Trestles
- Ladders/stepladders
- Safety harnesses
- Other means of protection (nets, airbags, bean bags)
- Multi-choice question paper