

Appreciation of Safe Working at Height Course Specification

Duration: 1 day

Attendees: Managers/Supervisors and others who arrange for Work at Height to be carried out on their premises by their own employees or contractors.

Objectives: To give the attendees an appreciation of the Work at Height Regulations 2005 and how to relate them to the practical everyday operations that require people to work at height and ensure that these operations are planned and undertaken safely.

Content:

- Introduction to course
- Work at height accident statistics
- The Work at Height Regulations 2005
- Existing places of work at height
- Guardrails
- Scaffolding
- Lightweight Tower Scaffolding (PASMA)
- MEWPS (Mobile Elevated Work Platforms)
- Staging/Trestles
- Ladders/stapladders
- Safety harnesses
- Other means of protection (nets, airbags, bean bags)
- Multi-choice question paper

Certification: Safety and Access Ltd certificate of training

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