

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

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