

HEALTH AND SAFETY WORKING AT HEIGHTS



Course Objectives

To provide delegates with the knowledge to safely work at height

Location:

NLT Training or employers premises if suitable

Designed For

Persons working at height

Duration:

1 Day

Course Content

- Introduction
 - What is working at height
- Why training required to prevent falls from heights (legal, moral, financial)
- Statistics
 - (Falls from heights vs. other accidents)
 - (Types of falls, Low falls V high falls)
- Injuries
- Intro to legislation
 - HASA 74, employees duties and employers duties
 - Working at heights regulations 2005
- Hierarchy of controls
 - Avoid need, prevent falls, minimise distance / consequence of fall
- Expansion to hierarchy and brief insights to :-
 - Work platforms including fixed mobile scaffolding
 - Mobile elevated work platforms
 - Collective fall devices
 - Ladders and stepladders
- Management controls
 - Planning, including:
 - environmental and lighting, trained and competent, inspected, fragile surfaces, falling objects, adequate equipment, permits to work and contractors, pre use inspection, periodic inspections, etc
- Practical specifics - Industry

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