

1 DAY COURSE

Working at Heights using Ladders and Fall Prevention Equipment

New regulations concerning the single biggest cause of workplace deaths - work at height - came into effect on 6 April 2005. The 'Work at Height Regulations 2005' places duties on all employers and the self-employed, and will apply in all cases where there is a "risk of a fall liable to cause personal injury". This one day course focuses on the regulations and identifies actions that will have to be taken to comply with the law.

COURSE AIM:

- To understand the need for safety when working at heights
- To state the main aims of the Health & Safety at Work Act 1974 and associated regulations
- To understand the need for accident prevention and control
- To create safe systems of work while working at height
- To understand employers and employees responsibilities

COURSE CONTENT:

- The Working at Height Regulations
- The hazards of height work
- Preparation and planning including basic risk assessment
- The need for safe work practices
- Safe use of ladders
- Personal fall protection and safety harnesses
- Fault Finding with access equipment
- Practical Exercise using ladders and fall prevention equipment
- Questions and answers relating to company specific requirements
- Assessment paper

ADDITIONAL INFORMATION:

- The course runs 8.30 am - 4.00 p.m.