



Work At Height Construction

HEIGHTWORKS

Duration

1 day

Max. Ratio

6 delegates to 1 instructor

Course Aim

To provide practical experience and education so that unprotected edges can be reached and site structure can be climbed safely using PPE that protects against a fall.



Audience

Any person who has the need to work close to an unprotected edge or climb site structures and requires the use of personal fall protection equipment.

Syllabus

- Pre use inspection of PPE
- Harness donning and appropriate use
- Understanding the principles of work restraint
- Understanding the principles of fall arrest
- Understanding the severity of falls whilst using PPE
- Understanding the hierarchy of fall control measures
- Use of twin energy absorbing lanyards
- Understanding suspension tolerance
- Use of self rescue techniques
- Identifying Work At Height hazards
- Use of self retracting lifelines

Throughout the course, the student will be continually assessed and expected to complete a written and practical examination.

Only on successful completion of the whole course will the candidate be issued with a certificate of competency.

This course is designed and delivered using BS8454 (code of practice for the delivery of training and education for work at height and rescue), IRATA international code of practice and equipment manufacturers technical instructions.

Prerequisites

Reasonable level of health, fitness and aptitude.

Certification Expiry: The certificate is valid for a maximum of 3 years subject to maintenance of skill level.