

## Working at Height Course

**Duration:**

½ day

**Group Size:**

Maximum of 12 learners per course.

**Who should attend?**

Anyone who is required to work at height.

**Course Aims:**

The course aims to give learners a good overall knowledge of the Working at Heights Regulations, 2005. And to enable them to organise and plan working at height, avoid risks and select appropriate work equipment for a particular task.

**Course Objectives:**

Upon completion of the course the learners will know: -

- Key points to Working at Heights Regulations, 2005
- Importance of organising and planning works at height
- Importance of inspecting equipment
- How to select appropriate equipment

**Course Outline:**

- Overview of the Working at Height Regulations
- Accident statistics
- Definition of Work at Height
- Risk assessment and hierarchy of measures
- Organisation & planning
- Selection of appropriate equipment
- Use of ladders and stepladders
- Inspection of equipment
- Emergency procedures

**Certification:**

Learners will receive a course handout summarising the topics covered. Learners will receive a certificate of attendance.

