

## Working at Height

**Duration:**

Half day

**Group Size:**

Maximum 6 learners

**Who should attend?**

All persons who are 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:**

On completion of the course the learner should display and understanding of:

- Basic overview of the Work at Height Regulations
- The hazards of ladder use
- Ladder choice - classes, types and accessories
- Limitations of use
- Ladder inspection
- Selection, inspection and use of fall arrest and fall restraint harnesses
- Safe erection of ladders
- Safe use of ladders
- Storage

**Certification:**

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

