



Working at Heights Unit 7 - Practical Management of Work At Height

Course overview

The course is designed for candidates who are actively involved in working at height and also management or supervisory roles to ensure compliance with working at height regulations. It provides an outline of the legislation, equipment standards, the process of a safe and systematic approach to working at height, detailed knowledge of the application of the hierarchy of risk, selection of working at height methods and work at height supervision. Training is given in the correct practical use of PPE along with a theoretical knowledge, intended purpose and as close as possible to the candidates work situation.

Course structure

½ day classroom theory learning and presentation and ½ day practical demonstrations. Assessment by means of multi-choice questions.

Course content

Theory

Working at height legislation, hierarchy of risk, selection and planning of working at height methods, working at height categories, equipment legislation, selection and safe use of equipment, risk assessment hazard analysis, fall and impact forces, rescue provision.

Practical

Identification of equipment using samples, identification of damaged equipment, correct fitting of the harnesses, ladder ascent and descent using temporary and permanent systems, use of work restraint systems, use of fall arrest systems, use of work positioning systems, use of horizontal safety life lines. The BIS Skills Centre is happy to use client's specific paperwork such as risk assessments rather than generic forms to make the course more relevant to the delegates.

Duration:

1 day

Venue:

BIS Skills Centre

Certification:

BIS Skills Centre Certificate of Competence

3 year expiry

Items to bring:

Safety boots

Prerequisites:

All delegates must be aged 18 or over.

