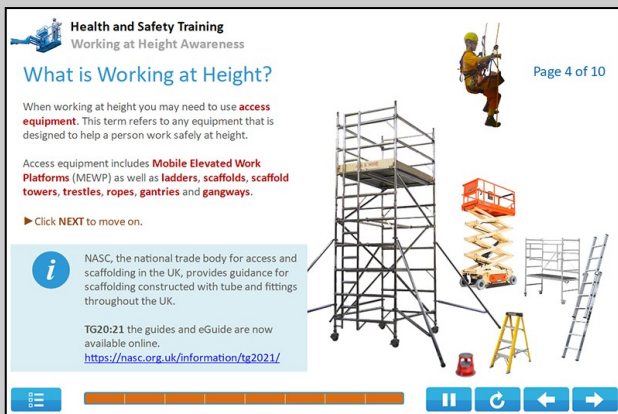


ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Working at Height Awareness

£17.50 + VAT



Health and Safety Training
Working at Height Awareness

What is Working at Height?

Page 4 of 10

When working at height you may need to use **access equipment**. This term refers to any equipment that is designed to help a person work safely at height.


Access equipment includes **Mobile Elevated Work Platforms (MEWP)** as well as **ladders, scaffolds, scaffold towers, trestles, ropes, gantries and gangways**.

▶ Click **NEXT** to move on.

i NASC, the national trade body for access and scaffolding in the UK, provides guidance for scaffolding constructed with tube and fittings throughout the UK.

TG20:21 the guides and eGuide are now available online.
<https://nasc.org.uk/information/tg2021/>

Navigation icons: Home, Play, Refresh, Previous, Next



Health and Safety Training
Working at Height Awareness

Assessing and controlling the risks

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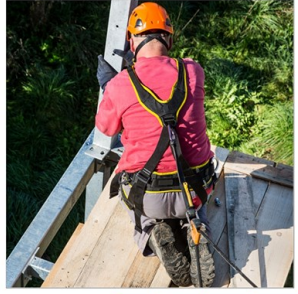
Fall Arrest

Fall arrest systems protect you if you fall – stopping the fall before you hit the surface. They are less restrictive than fall restraint measures, allowing the worker to reach the point where a fall could occur. Fall arrest systems require you to have additional training and, by law, you are required to have a rescue plan in place.

To reduce the risk of injury when arresting a fall, harnesses should have a shock-absorbing lanyard (no longer than 2 metres) or a retractable lifeline.

The Lanyard should be attached to a secure anchor. The anchor should be as high as possible to reduce the fall distance, ideally at shoulder height or above.

▶ Click **NEXT** to move on.



Navigation icons: Home, Play, Refresh, Previous, Next

- ✓ Assured by RoSPA Qualifications
- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



Our online Working at Height Awareness training provides learners with an understanding of the risks associated with working at height so that they are able to minimise the risk of falls and injury by adopting control measures and safe work practices.

This training includes the HSE guidelines on the precautions to take when a risk assessment indicates that ladders are suitable access equipment for a task.

The approximate duration of this training is 1 hour.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

0333 577 5016
info@i2comply.com

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ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Working at Height Awareness

WHAT IS WORKING AT HEIGHT?

- The definition of 'working at height'
- Common examples of work at height
- The meaning of the term 'access equipment'
- The number of serious injuries and fatalities involving falls from height
- Other risks and hazards to consider when working at height

DUTIES AND RESPONSIBILITIES

- Key legislation that aims to keep people safe when working at height
- The duties and responsibilities the Work at Height Regulations 2005 places upon employers and those in control of work
- The duty to carry out inspections of access equipment
- The requirement for emergency procedures
- The duties and responsibilities the Work at Height Regulations 2005 places upon employees
- Other legislation relating to working at height

ASSESSING AND CONTROLLING THE RISKS

- Why a risk assessment is needed
- The factors considered in a risk assessment
- The hierarchy of control specified in WAHR Regulation 6
- What is meant by collective protection and personal protection, and why collective protection is preferable
- Examples of control measures that can be taken to reduce risks
- The requirement for a three-point hold when a climb is unavoidable

FALLING OBJECTS

- Measures that you can take to reduce the risk of objects falling
- Why drop zones are needed
- How a light object can cause a severe injury
- The purpose of a drops calculator
- How to estimate the probable severity of injury from the height of the drop and the weight of a falling object

LADDER PRE-USE CHECKS AND PRECAUTIONS

- The materials that ladders are made of and their advantages and disadvantages
- Ladder standards and labelling
- Things to consider before using a ladder
- When you should check a ladder
- Pre-checks for leaning ladders and step ladders
- HSE guidance on the precautions to take when using leaning ladders and stepladders

PLANNING YOUR WORK

- The checks to make before you start any work at height
- The need to consider how tools and materials are moved to and from the work area
- Precautions to take while working at height
- The need to consider other hazards associated with working at height