



Safety When Working at Height. Overview

This training course is designed for personnel who in the course of their work are required to work at heights. To train candidates in the knowledge required to ensure safer operational awareness when working at heights. On successful completion of training, candidates should be able to recognise the dangers and know what steps to take to avoid them. Have an acceptable understand of the hazards associated with the work and the use of safety equipment.

Course Content

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| Introduction, aim and objectives | Protecting yourself and others |
| Health & Safety at Work. | Company safe systems of work and operating procedures |
| Suitable equipment required, with tags | Risk assessments and method statements |
| Free standing ladders and step ladders | Rescue planning |
| Work at height on mechanical equipment | |
| Fragile surfaces, crawling Ladders and boards | |
| Safety Belts, Harnesses and lanyards | |
| Correct selection of harness, Pre use checks | |
| Safe use of harness with fall arrest equipment | |
| Unplanned incidents, causation, Prevention and Reporting | |
| The effects of weather whilst working at heights | |



Duration, ratios and certification

Duration varies, dependant on the course required.

1 Day, up to 6 candidates per course

Certification options include:

C&G Services certification

For further information on costs or course availability, please contact us
t. 01453 826781 e. info@gettrained.co.uk www.gettrained.co.uk



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Facilities and Equipment requirements

Facilities

Suitable classroom with sufficient tables and chairs for candidates and trainer

White wall or projector screen

Wipe board and/or flip chart

240 volt electrical supply

Adequate welfare facilities

Equipment

- Company specific safety standards, including, but not limited to: RA, Rescue Plan, SSOW
- All equipment provided for training purposes must be to the required standard, complete with current inspection regime, tags and certificates as required.
- A suitable area to carry out work at height training
- User information/manuals must be provided for equipment being used

PPE and work wear



A bit about us.

C&G Services are a multidisciplinary training organisation with a rich heritage in training and consultancy services. We continue to comply with all applicable statutory and regulatory requirements whilst maintaining ISO 9001 certification for our Quality Management System as well as holding many other Regulatory Body memberships, certifications and accreditations. This ensures that specific requirements of our customers can always be fully met.