

# Safety at Height Awareness

## Who should attend?

Directors, Managers or any individual with a responsibility for approving contractor RAMS and need more detailed understanding of the Work at Height Regulations (as amended), including the requirements of the schedules

## Course Aims:

We will provide an in-depth understanding of the Work at Height Regulations covering essential information including the types and key inspection requirements of a selection of access and installed equipment.

## Pre-requisites:

- No previous experience or qualification required.
- Delegates must be fluent in English.

## Course information:

1 day duration, maximum 12 people.

## Certification:

Certification & ID card will be issued upon completion of this course.

## Course content includes:

- Legal requirement under the Work at Height Regulations.
- Coverage of the primary areas of risk and what is required to control them.
- Coverage of the hierarchy contained within the regulations and how it should be implemented.
- Selecting appropriate equipment to prevent or minimise the potential fall risk and the effects of post fall suspension trauma.
- Key elements of a site-specific risk assessment including rescue planning.
- The main elements of a personal fall protection system including the equipment selection, frequency of inspection and limitations.
- Criteria for the usage of inspection of a selection of access and installed safety equipment.

## Training Methods:

This training course combines theory and practical training methods to ensure delegates receive the information required. Printed course material, and exercises will be conducted throughout the course.