

# Management of Work at Height

## Who should attend?

Directors, Managers or individuals that organise, plan or carry out work at height and therefore need a clear and practical understanding of the Work at Height Regulations 2005.

## Course Aims

We will cover the Work at Height Regulations and the risk management strategy that needs to be implemented, including the essential information on managing and carrying out working at height tasks.

## Pre-requisites:

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

## Course information:

1-day duration, maximum 12 people.

## Certification:

Certification will be issued upon completion of this course.

## Course content includes:

- Outline of the Work at Height Regulations, and how this engages with the Sentencing Guidelines for work at height.
- Risk Assessment & Rescue Plans – Understanding their importance and content.
- Implementing management procedures for complying with the regulations and managing risk.
- An understanding of equipment classification and its usage including the potential fall hazards and the risk of post fall suspension trauma.
- The main elements of a personal fall protection system including the equipment selection, frequency of inspection and limitations.
- Appreciation of the types of access equipment for site work and the usage and maintenance of installed safety systems.

## Training Methods:

This training course combines theory and exercise training methods to ensure delegates receive the information required. Printed course material, will be provided at the end of the course.