

Working at Height

Introduction

Work 'at height' means work in any place where, if precautions are not taken, a person can fall a measure of distance that could potentially lead to harm to themselves or those around them. This covers work at any height - from a short ladder to the platform of a cherry picker.

This course introduces topics surrounding the Work at Height Regulations 2005 and explores how to assess risk for potential falls, the different types of access equipment, how to reduce the occurrence of accidents, and what to do if you witness a fall from height.



Audience

This course should be taken by all employees and employers who need to know about the health and safety issues involved in working at height.

It is suitable for all organisations or companies with employees whose duties include working at height, and also for self-employed individuals and others who wish to increase their awareness of work at height safety precautions, regulations and responsibilities.

Jobs these professionals undertake can range from building construction, gutter clearing and window cleaning, to shelf stacking, putting up displays, and unloading vehicles, amongst many others.

Objectives

In this course, you will learn about:

- The law and regulations surrounding Work at Height
- Steps to take to minimise injury resulting from working at height
- How to identify which equipment to use for different situations
- How to assess risks for potential falls, and
- How to respond if you witness a fall

Modules

This course contains the following modules:

Module name
Working at height

Content

A few of the topics covered include:

what work at height is; the Regulations; three principles: avoid, prevent, minimise; the rules in practice; types of access equipment; competency with access equipment; choosing the right access equipment; three principles of ladder safety; ladder inspection; unsafe environments; consequences of improper use of ladders; employee duties; rescue – plans, equipment, training, how to react; an HSE case study

