# **WORK AT HEIGHT**

## **COURSE DURATION: HALF DAY**

### **COURSE OVERVIEW**

Work at Height will provide delegates with a good understanding of the Working at Height Regulations 2005 and the impact of the Working at Height (Amendment) Regulations 2007.

# This course is designed for:

- Employees who are required to work at height.
- Those responsible for planning contracts that involve employees, contractors and sub contractors working at height.

### **BENEFITS**

Delegates will develop an understanding of:

- When the regulations apply
- The importance of the hierarchy of fall protection
- Actions needed to comply with the regulatory requirements

## **COURSE CONTENT**

- Legal obligations under the Work at Height Regulations 2007
- · Applying the hierarchy of fall protection
- Avoiding work at height
- Collective fall prevention Existing places of work
- Collective fall prevention Work equipment
- Individual fall prevention
- Collective fall limitation
- The inspection of harnesses and lanyards
- · Safe use of ladders











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