



INTRODUCTION TO SAFE WORKING AT HEIGHT

COURSE CONTENT

AIM

This course outlines the key requirements of a successful management programme for working at height.

Pre-Requisite

None.

Course Duration

Half day.

Maximum Number

12 persons.

Training Aids

Lecture notes and audio visual presentation.

Assessment

2 written tests:

- Ladder Safety
- An introduction to work at height - underpinning knowledge

Certification

On successful completion of the course delegates will receive a NETA certificate.

Please Note: NETA certificates have an advised expiry of 3 years from date of issue.

Additional Information

Meeting the needs and expectations of service users is of the highest priority to our staff. Therefore if you have any concerns or wish to make a comment about the service please contact: info@NETA.co.uk

COURSE OBJECTIVES

On completion of the course delegates will have an understanding of:

- Health and Safety at Work Act 1974
- Risk Assessment / Safe System of Work
- Working at Height Regulations
- Provision and Use of Work Equipment 1998
- Working at Heights - Hierarchy of Controls
- Fall Prevention - scaffolding, mobile towers, MEWPS
- Collective Fall Protection – nets, air bags, bean bags
- Individual Fall Protection - safety harness, lifeline
- The safe use of ladders / stepladders
- The Ladder Code

COURSE SYLLABUS

Introduction

- Falls in the workplace - the scale of the problem

Health and Safety at Work Act 1974

- Duties of Employer / Employees

Management of Health and Safety at Work Regulations 1999

- Risk Assessment and Safe System of work

Provision and Use of Work Equipment Regulations 1998

Working at Height Regulations 2005

- Duty holder's responsibilities
- Hierarchy of Controls
- Fall prevention
- Fall protection
- Personal Fall Protection Equipment

The Ladder Code / Do's and Don'ts

- Stepladders

Written Assessments

- Ladder Safety questionnaire
- An introduction to work at height - underpinning knowledge