



**TRAINING  
EXPRESS**  
REINVENTING TRAINING



# WORKING AT HEIGHT TRAINING COURSE

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COURSE CONTENT  
**OVERVIEW**

020 8158 3412

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This **Working at Height Training** course is for workers, employers, and anybody who performs tasks at an elevated height or near excavations. It highlights all of the potential risks that occur during this type of work and how best to prevent any incidents that could lead to injuries or fatalities. On completion, the student will be able to perform risk assessments, know how to use appropriate equipment, and have the knowledge to fully comply with the UK laws that are in place to protect all individuals. All of this information is crafted into 3 comprehensive modules, which does not need any prerequisites to understand or complete.

## **WHO SHOULD TAKE THE COURSE ?**

This course will be hugely beneficial for any employers or employees that have regular or occasional tasks that take place at any significant height, or in the proximity of large excavations. It would also be useful for those that own or work in tall buildings or construction sites.

This would mean the information would be perfect for;

- Engineers or Electricians
- Site or Project Managers
- Construction Workers or Scaffolders
- Window Cleaners or Gutter Cleaners
- Bricklayers or Roofers
- Building Inspectors

## WHAT YOU WILL LEARN

This incredibly useful course provides details of all of the legally required procedures and recommendations to take when planning any kind of work at height. It explains that height-work can actually take place at "ground-level" and the hidden risks it supplies to any workplace. A detailed guide is given to effectively performing risk assessments and its crucial importance to the safety of everyone in the vicinity of the intended work. The course explains how to comply with WAHR regulations and how to reduce the chance of accidents or injuries. The appropriate use of work equipment is also covered in this specially designed learning package.

This is a modular course has introductions, summaries, and assessment questions for each subject. There are 3 educational modules, and each subject is explored with appropriate facts and details. All modules end with a self-assessment section to underline the key points and ensure knowledge retention. These sections can be taken and re-taken as many times as you like and at your own discretion, which ensures that you gain as much information as possible. The main objective is to give confidence and full knowledge for those responsibilities and actions when working or planning work at height. This CPD course will provide certificated proof that the student has all the information and tools to keep their colleagues safe and conform to all UK laws.

## WORKING AT HEIGHT TRAINING: COURSE CONTENTS

- **Module 1.** Introduction, Regulations and Duties
- **Module 2.** Assessment and Prevention
- **Module 3.** Work at Height Equipment



## INTRODUCTION, REGULATIONS AND DUTIES

Module one clarifies the definition of “Working at Height”, and provides statistics for the most commonly experienced incidents in the UK. We also look at the UK regulations (WAHR 2005) that govern this work and the legal responsibilities that employees and employers hold with this type of work.

The key learning points are:

- What defines “Working at Height”?
- Which occupations commonly require height-related tasks.
- The types of many accidents and injuries that occur during this work.
- The UK regulations that cover height-work (WAHR 2005).
- The responsibilities of employees and employers hold.

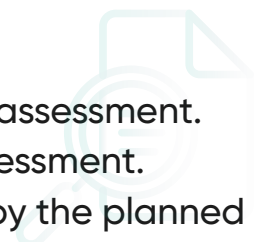


## ASSESSMENT AND PREVENTION

In Module two, we explore the full process of applying risk assessment to planned work, where height-related tasks are required to be performed. It details the many types of hazards you can expect to encounter and how to prevent or minimise the opportunity for any harm to befall anyone.

The key learning points are:

- The full procedure for performing a risk assessment.
- Explaining the 5 major stages of an assessment.
- Understanding who could be affected by the planned work.
- The factors that affect risk mitigation.
- The control measures that can be introduced into the workplace to prevent accidents.





## WORK AT HEIGHT EQUIPMENT

In Module Three, the course examines the many types of equipment that a worker can expect to use during work at height. This leads to guidelines of how best to use devices such as MAWPs and Scaffolding, and the crucial inspection pointers for devices such as step-ladders and podium steps.

The key learning points are:

- The selection process of work at height equipment.
- The special kinds of PPE that are associated with fall protection.
- The appropriate and safe use of MEWP devices.
- How to effectively inspect ladders and other equipment before use.
- All the considerations and safety protocols to be used with scaffolding.





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