

## **Working at Height**

### **Who is the course Aimed At?**

This course is for any person using access equipment, ladders, scaffold/towers or podiums/hop ups.

**Course duration** (2 Hours)

### **Objectives**

To learn how to understand the risks from work at height and how to complete tasks safely.

### **Training Course Content**

- Understanding relevant Legislation, Regulations and Consequences for non-compliance
- Sourcing the right equipment and hierarchy of risk
- Personal Fitness and competence in using Access equipment
- Planning for work at height, including Recovery/emergency planning
- Risk assessment approach and controls, specific to organisation
- Equipment checks and Procedures (paperwork specific to organisation)
- Related : CDM Regulation 2015

All training is customized to the client and includes a scoping session and use of company related documents, e.g. risk assessments/method statement, if required.