



IOSH Approved

# Working at Height – ZGT202

## IOSH – Competent Persons



### COURSE OVERVIEW

The course will identify the relevance and implications of the Work at Height Regulations 2005 so that the individual can comply with his/her duties, whether planning, controlling or conducting work tasks at height.

### Pre-requisites

Persons attending this course must be medically fit.

### Who Should Attend?

This course aims to give an understanding of an operators / workers responsibility under the Health and Safety at Work Act 1974, and it's supporting Regulations. Delegates' will be made aware of their individual responsibility when working on site, and the importance of being aware of the on-site hazards in relation to working at height and how to work safely. This course is IOSH APPROVED.

### COURSE OBJECTIVES AND CONTENT

- Introduction and course overview
- Legislation / principles of work at height
- Risk Assessment and hazard identification
- Factors that influence selection of work at height equipment.
- planning considerations for work at height.
- select and use a range of personal protective equipment for work at height
- Tracking and controlling equipment / Inspections
- Donning and correct fitting of harness and associated equipment
- Rescue planning
- Practical exercise and assessment

### Certification

All delegates receive a certificate valid for 3 years.

### Course Ratio / Duration

10:1 (10 delegates to 1 instructor)

7 guided learning hours i.e. 1 day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144  
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