

# Working at Height E-Learning

## Course Overview

This Working at Height training course helps you to comply with the Work at Height Regulations 2005 by providing employers and employees with the necessary information needed to be able to successfully deal with working at height risks and control measures. This includes an understanding of how to undertake a working at height risk assessment, how to use access equipment safely and how to ensure that employees can reduce their risk of falls from height.

## Pre-requisites

None

## Who Should Attend?

This course is for and not limited to those working or managing environments such as construction, workshops and factories, roof work where access is simple and anchors are easily identifiable. This course would also benefit anyone who uses mobile elevated work platforms, scaffolds, ladders and Fall Arrest Systems frequently.

## Course Objectives & Content

- The dangers of working at height
- Accident Statistics (latest figures)
- Key legislation and standards
- Hierarchy of Risk Control – Managing Working at Heights
- Hazards and risk encountered when working at height
- Work categories – an introduction to Ladders/restraint/position/fall arrest techniques
- Equipment characteristics and limitations (includes test videos)
- Fitting and use of fall arrest harness, climbing helmet and lanyards (fixed length and inertia reels)
- Safe Use of Ladders & Steps
- MEWP Safety – Correct use of PPE
- Anchor point identification, selection and pre use inspection requirements
- PPE pre user inspection, care, traceability and disposal requirements
- Examination (pass mark is 80%)

## Certification

On achieving the 80% pass mark delegates will receive a ROSPA approved certificate valid for 3 years.

## Further Information / Course Booking

For further information please contact the training department at Zero Gravity on Tel: 01925 747188 or email us at: [training@zerogravitysafety.co.uk](mailto:training@zerogravitysafety.co.uk)