

## TRAINING COURSE

**Product ID:** RGT2  
**Description:** Working at Height - Practical  
**Duration:** 1 Day  
**Max Number of Delegates:** 6

### Prerequisite:

- Delegates must meet the minimum age of 18 years and be fluent in English.
- Delegates must be medically fit and be physically able to carry out the practical elements of the course. Delegates will be required to sign a medical statement from before the start of the course.

### Course:

Falls from height is one of the biggest causes of workplace fatalities and major injuries, accounting for just over a quarter of all fatal injuries in the workplace. This course is designed to provide both theory and practical knowledge to delegates who are required to work at height using different methods such as; work restraint, work positioning and fall arrest. Delegates will have an understanding of The Working at Height Regulations 2005 and what their duty's are when working at height.

### Course Content:

- Working at Height Regulations 2005
- Legislation and guidance
- Mechanics of a fall
- Physics involved during a fall
- Fall factors
- Methods of work
- Correct selection of fall protection equipment – including common hazards associated with different types of equipment
- Pre-use inspection of PPE
- Harness fitting
- Suitable anchor points
- Safe use of harnesses and lanyards
- Safe use of fall arrest blocks
- Horizontal & vertical fall arrest systems – temporary and permanent
- Correct storage, care and maintenance of PPE
- Rescue requirements

### Training Methods:

This training course combines theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course.

All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue.

### Certification:

On successful completion of the course, delegates will receive a 3 year RIDGEGEAR certificate. Delegates must keep up their CPD by attending regular training to refresh their skillset.

### PPE Requirements:

Delegates must provide their own comfortable clothing, protective footwear, safety gloves, high visibility jacket and prepare for all weather conditions. Delegates may be required to provide their own PPE but this will be communicated by RIDGEGEAR in the planning stage of training.