RGT2

WORKING AT HEIGHT (WAHSA APPROVED)

Course:

This training course has been specifically designed to ensure it meets the criteria for it to be approved by WAHSA. 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 theoretical 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 duties are when working at height.

Duration:

8 hours

Max number of delegates:

6

Prerequisite:

Delegates must:

- Meet the minimum age of 18 years old
- Be fluent in English
- Be medically fit and complete the medical form to carry out the practical elements of the course
- Be under the weight of 140kg

Training methods:

- Theoretical and Practical training methods used
- Printed course material provided
- Training delivered to BS 8454:2006
- WAHSA Accredited Training Programme

Assessment criteria:

- Multiple choice theory test paper. 80% pass mark (16 out of 20 questions answered correctly)
- Practical assessment

Certification:

- 3 Year WAHSA accredited Ridgegear Certificate
- Delegates must keep up their CPD by attending regular training to refresh their skillset

PPE requirements:

Delegates must provide their own:

- Suitable clothing
- Protective footwear
- Safety Gloves

Course content:

- Legislation and guidance
  - Health and Safety at Work Act 1974
  - Personal Protective Equipment Regulations 2022
  - Working at Height Regulations 2005
  - Lifting Operations and Lifting Equipment Regulations 1998
- Use of Equipment for Working at Height
  - Harnesses
  - Lanyards
  - Fall arrest blocks
  - Connectors
  - Ropes and grabs
  - Anchor slings
- Inspection and Service
  - CE Marking and equipment traceability
  - Categories of PPE
  - Equipment inspection definitions
  - Quarantine and obsolescence procedures
  - Inspection of harness and lanyard (periodic)
  - Service requirements for fall arrest blocks
  - Care and storage of equipment
- Methods of Work
  - Managing and selecting equipment for work at height
  - Common hazards
  - Site zoning
  - Work restraint, work positioning and fall arrest working methods (practical)
  - Pendulum effect
  - Temporary and permanent lifeline systems
  - Fall factors and ground clearances
  - EN795 anchor points

WAHSA WORK AT HEIGHT SAFETY ASSOCIATION ACCREDITED TRAINING PROGRAMME

RIDGEGEAR Pioneers of height safety

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