

## TRAINING COURSE

**Product ID:** RGT5  
**Description:** Managing Work at Height  
**Duration:** 2 Days  
**Max Number of Delegates:** 10

### Prerequisite:

- No previous experience or qualification required.
- Delegates must meet the minimum age of 18 years and be fluent in English.

### Course:

This training course is intended to provide detailed information and knowledge for planning, supervising and managing those who work at height. This course covers health and safety and regulatory requirements, the selecting and planning of staff competency, the selection of the correct equipment and knowledge of producing risk assessments and method statements.

### Course Content:

- Working at Height Regulations 2005
- Legislation and guidance
- Health & Safety at Work Act
- PPE Regulations
- PUWER
- LOLER
- BS8437
- ABCDE of fall protection
- Working methods
- Suitable PPE for working at height
- Common hazards within the workplace
- Risk assessing
- Correct donning of a safety harness
- Inspection, care and maintenance for PPE including statutory inspections
- Rescue planning
- Suspension intolerance

### 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:

No PPE requirements.