

TRAINING COURSE



Product ID: RGT5

Description: Work at Height for Managers

Course:

This full day training course is intended to provide more detailed information and knowledge for planning, supervising and managing those working at height. The syllabus 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 Objectives:

- Provide delegates with a good understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Recognise the main hazards and risks in connection to work at height.
- Evaluating risk assessments
- Understand the need for a rescue plan
- Perform a pre-use inspection of work at height equipment (harness/lanyard)
- Recognise bad use of equipment and remedy the situation

Who will benefit?

All personnel in your organisation involved in managing the use of fall protection equipment for working at height in the work place.

Course Content:

- Legislation / guidance
- Health & Safety at Work Act
- The Work at Height Regulations
- PPE Regulations
- PUWER / LOLER
- BS8437
- ABCDE of fall protection
- Restraint / work positioning / fall arrest – techniques
- Harnesses, lanyards & fall arrest blocks
- Common hazards within the work place / risk assessing
- Donning a harness (includes practical exercise)
- Inspection, care and maintenance for PPE including statutory inspections
- Rescue planning & suspension trauma

Training Methods:

Lectures, printed course material, hands on equipment, practical exercises and pre-use inspection exercise.

Certification:

Successful delegates will receive a 3 year RidgeGear certificate.

Course duration / Number of delegates:

The course is designed for up to 10 delegates at any one time and is held over a full day, typically 09:00 – 16.00.