



# Working Safely at Heights



## Introduction

This course will provide delegates with training to improve their knowledge and practical understanding of the hazards, risks and controls associated with working safely at height.



## Course Duration

SSG offer this course over a half day as a classroom or virtual course.



## Course Attendees

This course is suitable for all persons who are / may be required to work at heights.



## Course Programme

- Course introduction
- Overview of current legislation, ACOPs and industry best practice
- Hierarchy of control associated with working at height
- Risk assessment to include relevant practical exercises
- Fall prevention measures to include scaffolds, portable aluminium towers, MEWPs and other forms of edge protection
- Fall arrest to include safety nets, bags, safety harnesses etc.
- Working safely on roofs
- Fragile surfaces
- Falling objects precautions
- Use of other access equipment including ladders, stepladders and trestles



## Training Certification and Assessment

Delegates will be assessed on their input throughout the training session. On successful completion of the course, delegates will receive an SSG course attendance certificate which is valid for three years.



## Suggested Follow on and Complementary Courses

- PASMA Towers for Users
- CITB Site Supervision Safety Training Scheme