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|  | MANAGEMENT SYSTEM | MS – CAO- 01 |
| | | Rev - 0 |
| | COURSE AIMS and OBJECTIVES | Date 31/12/2016 |

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| Name: | WORKING AT HEIGHTS (Novice) |
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COURSE DETAILS

Title: Working at Heights

Duration: Full Day

Candidates 8

TARGET DELEGATES

This course is aimed at anyone who is required to Work at Height.

COURSE AIM AND CONTENTS

The aim of this course is to provide delegates with the knowledge needed to safely work at height. This course has a theory element only, with a test being conducted at the end.

Topics covered during this course include:

- Demonstrate a basic understanding of the industry and their roles and responsibilities
- Demonstrate an understanding of others' roles and responsibilities in relation to work at height
- Demonstrate an understanding of relevant legislation, regulations and guidance
- Explain what is meant by the term 'competent person'
- Explain what is meant by the term 'work at height'
- Identify the different types of equipment that can be used when working at height
- Identify the appropriate personnel protective equipment (PPE) required when working at height
- Explain the hierarchy of measures to be followed to help prevent accidents and/or injury
- Demonstrate an understanding of the safe practices that should be followed when working at height
- Demonstrate an understanding of unsafe practices and how to avoid them
- Types of Safety Harness and Lanyards
- Connection points for Lanyards
- Inspection and damage criteria of harness and Lanyards
- Correct Fitting of Lanyards
- Suspension Trauma
- Explain various Rescue Plans

CERTIFICATION:

Successful candidates will be awarded a Attendance Certificate for Working at height. Can also be an accredited course. Course consists of a Theory test and Practical Assessment.

Site Requirements: Working at Height



TRAINING AND LIFTING SOLUTIONS

Welfare Facilities

Toilets

An area for refreshments

Information on fire procedures

First aid provisions for all areas where training will take place

Training Room

Seating for up to 12 delegates, plus instructor

Table/s for up to 12 delegates to complete paperwork

Table/s for instructor to set up a laptop and projector, and to complete paperwork 240v power supply with available sockets for laptop and projector

Screen or blank wall for projection

Adequate heating / ventilation



Associate Member