

Working at Heights Training

This Working at Heights course is designed as an introduction to this key site safety topic - whether you work in Building and Construction, or are involved in any kind of installation or maintenance that requires you to work at a height.

Working at Height means working somewhere where there is the **potential to fall from one level to a level below**. It's not just falling from a ladder or scaffolding, it's also falling down holes and falling through fragile surfaces.

The Work at Height Regulations 2005 and the **HSE** guide to these regulations are very clear about what must be done to stay safe when working at height, and this training programme follows the laws and guidance to ensure that everyone knows how to stay safe.

Key Features & Benefits of this Course

- Complete this course online in just 40 minutes
- CDM and HSE Legal Requirements Covered
- Suitable for professionals across a range of industries
- Refresher course available
- End of course test and printable certificate

Contents

1. Responsibilities when working at heights

In this section we look at who is responsible for safety when working at height. It clearly explains not only what the employer is responsible for but also what the employee is responsible for too.

2. Risks when working at heights

Here we look at how you decide how to complete any work at height in the safest way. It includes looking at different choices of protection - guard rails, harnesses, airbags, safety nets and rope systems.

The section ends by talking about emergency procedures and rescue.

3. Choosing Equipment

There are a lot of things to consider when you choose equipment for work at height. You **DON'T** choose whatever's to hand - the quickest and easiest option! You have to think about safety - your own safety and the safety of those around you. No matter how long you expect the job to take, even if you think it's a 2-minute job, don't try to manage without putting protective measures in place if they are needed.

Many people have been killed or seriously injured, who ... ***were only meant to be on the roof for a few minutes to have a quick look or carry out a small repair.***

This section looks at the most common equipment - trestles, podium steps, hop-ups, stepladders, ladders, scaffolding, tower scaffolding and the most common types of MEWPs. For each it looks at the safety considerations. It uses graphics and animation to show safe set-up and use of ladders, scaffolding and MEWPs.

Test & Certificate

This Working at Heights Training course concludes with a 20 question multiple choice test with printable certificate. In addition, brief in-course questionnaires guide the user through the sections of the training, and are designed to reinforce learning and ensure maximum user engagement throughout. As well as printable user certificates, training progress and results are all stored centrally in your LMS ([Learning Management System](#)) and can be accessed any time to re-print certificates, check and set pass marks and act as proof of a commitment to ongoing legal compliance.