

The Professional Route to Training & Qualification



Promoting Industry Excellence & Best Practice Through Education & Training

WORKING AT HEIGHT Course Contents

1. The Work at Height Regulations 2005
2. Work should be planned in advance
3. If you are near a hazard you need a safety system
4. If your workers are using PFPS they cannot be alone
5. Rescue and emergencies
6. Planning work at height
7. Training and staff selection
8. Work teams
9. Communications
10. Hazard assessment
11. Hazards
 - a. Access to 2m zones
 - b. Falling objects
12. Fall protection systems
 - a. Option 1: edge protection
 - b. Option 2: Collective fall protection
 - c. Option 3: PPE
 - d. PPE: Work restraint
 - e. PPE work positioning
 - f. You cannot use work positioning without a backup system
13. Forces during a fall
14. Fall arrest lanyards
15. Fall distances and clearances
16. Anchors and attachment systems
17. Fall arrest: horizontal lifeline systems
18. PP eyebolts and fitted anchors
19. Deadweight (mansafe) anchors
20. Retractable fall arrest blocks
21. Ladders
22. Permanent ladders
23. Portable ladders
24. Equipment inspection
25. Lifting and hauling

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