

WORKING AT HEIGHT



MAX NO. OF DELEGATES:
10

DURATION:
1/2 DAY

LENGTH OF CERTIFICATION:
3 YEARS

ACCREDITATION:
NPORS OR COTS CERTIFICATE



WHO SHOULD ATTEND

This programme is designed for employees, supervisors, and managers working at height in various scenarios or for those who supervise at height activities.



COURSE AIM

This course will provide you with the basic skills, knowledge and information to safely carry out safe and effective working at height tasks.



TRAINING METHODS

A high proportion of hands-on demonstrations and practical exercise, supplemented with classroom based tutorials. Students will be required to demonstrate their new skills in a range of scenarios.



X:Y RATIOS

Accred	In-house	NPORS
1/2 Day	10:1	10:1



COURSE CONTENT

- Relevant Legislation
- What are the hazards
- Duty of care
- Risk assessments and safe systems of work
- What is considered as working at height
- Understanding the necessary equipment used
- Assessing the various means of access of working at height
- Planning activities when working at height including harnesses
- Safety signs and signals
- Dealing with emergencies
- PPE
- Practical assessment



ADDITIONAL INFO

Delegates attending this course should be **18+ years** and be physically and mentally fit to withstand the rigours of training.



LOCATIONS

Cardiff, Swansea, Client Site