

# WORK AT HEIGHT (ESSENTIALS)



**MAX NO. OF DELEGATES:**  
12

**DURATION:**  
0.5 DAY

**LENGTH OF CERTIFICATION:**  
5 YEARS

**ACCREDITATION:**  
PASMA / COTS CERTIFICATE



## WHO SHOULD ATTEND

Anyone who is involved in work at height, particularly those who are new to working at height. This is an entry level course.



## COURSE AIM

To enable an individual to effectively comply with their duties under the Work at Height Regulations.



## TRAINING METHODS

Instruction by theory session with exercises. Theory assessments carry a pass mark of 80%.



## ADDITIONAL INFO

No formal qualifications needed but it would be helpful to have some understanding of the Work at Height Regulations and Health & Safety at Work Act 1974.



## COURSE CONTENT

- Current Legislation
- Regulations and Guidance affecting work at height
- Employees responsibilities
- Types of access equipment
- Selecting appropriate equipment
- An overview of fall protection
- Fragile surfaces
- Risk assessments
- Emergency & rescue
- Inspecting equipment



## PPE REQUIREMENTS

None required.



## LOCATIONS

COTS Llandarcy