



FORMACIÓN

# Working at Height

**Delivery Method:** eLearning || **Duration:** 4 Hours || **Course Fee:** Consult our Website

**Category:** HSE

**Available languages:** English

## Qualifications

On completion of the training program, the student will be awarded the following qualifications:

- Certificate of **Working at Height** awarded by Bureau Veritas Business School.

## Presentation

As per Work at Height Legislations, international Standards, this course has been developed to provide participants with a theory and practical knowledge of equipment requirements and safe work methods to be used when working at heights.

## Who the course is for

This course has been designed to give workers, operators, supervisors and managers alike the required knowledge in the significant issues associated with working at height and information on the range and suitability of equipment and platforms used for working at height.

## Objectives

Participants should acquire the skills, i.e. knowledge, abilities and attitudes needed to **work at Height**.

After completing the training, students will be able to:

- Understand policy for working at height.
- Understand the principle legislation on working at height.
- Recognize the hazards and administer control measures when working at height.
- Recognize the hazards associated with ladders and stepladders, scaffolds, MEWPs, Cradles and other means of access to the working area.
- Consider the factors in organizing and planning work at height.
- Consider how to design out ladder usage.
- Select and use the correct access equipment suiting the type of activity.
- Do inspection of fall arrest system, fall restraint and work positioning equipment

- Understand procedures of working at different platforms
- Understand rescue procedures

## Program

### Subject 1: Work at height policy

- The specific height where it is mandatory to use fall protection system.
- Standard requirements for guardrail system.
- Usage of work restraint and personal fall arrest system.

### Subject 2: Risk Assessment and hierarchy of control

- Elimination.
- Reduction/substitution.
- Isolation.
- Engineering and Administrative controls.
- PPE.

### Subject 3: Hierarchy of risks

#### Collective preventative

- Fixed Platforms.
- Roofs.
- Scaffolds.
- Guardrail System and Toe boards.
- MEWPs.
- Cradle.

#### Collective Arrest

- Safety nets.
- Safety mats.
- Edge protection.

### **Personal preventative**

- Man riding winch
- Work restraint
- Rope access
- Work positioning

### **Personal Arrest**

- Vertical and horizontal lifelines.
- Self-Retracting Lifeline.
- Double leg lanyard.

### **Ladders types and precautions.**

- Fixed, portable and step ladders.
- Ladder safety system.

### **Fall arrest System**

- Full body harness and double leg lanyard
- Carabiners.
- Snap hooks.

### **Procedures for:**

- Climbing a vertical ladder, using SRL/Double Leg Lanyard or Vertical lifeline
- Raising personnel by work basket.
- Working on a monkey board, stabbing board and other irregular structures.
- Working below ground levels like climbing to and from Confined spaces.

### **Rescue procedure**

- Self-rescue
- Rescue using rollgliss kit
- Rescue using rescue positioning device

### **Practical Activities**

- Safety Harness and double leg lanyard pre-use inspection.
- SRL pre-use inspection.
- Fixed ladder with vertical lifeline and rope grab inspection.
- Donning of safety harness.