

## Working at Heights

### Course Overview:

Understand the main features and requirements of the Work at Height Regulations. Give examples of common working at height tasks and understand the associated hazards and risk and control measures. This course is suitable for anyone who is responsible for Working at Height in their role or managing staff who work at height.

### Course Detail:

#### Introduction and Legislation

- The risks
- Work at Height Regulations 2005
- Employer duties
- Employee duties

#### Work at Height Risk Assessments

- What is a risk assessment?
- Identifying hazards
- Deciding who may be harmed
- Evaluating risks
- Recording findings
- Reviewing and updating

#### Avoiding, Preventing and Minimising Risks

- This module shows how you can reduce and control the risks in the work area.
- What to do in regards to training and emergency procedure
- Avoiding work at height
- Preventing falls
- Reducing the consequences of a fall
- Personal protective equipment
- Selection of work equipment
- Fragile surfaces
- Vehicles
- Training
- Inspection of work equipment
- Emergency procedures

#### Work at Height Equipment

- Safe usage of the most common pieces of work at height equipment that can be provided
- Mobile towers
- Erecting mobile towers
- Safe use of mobile towers
- Low level access platforms

**Course Assessment:**

There is no assessment for this course.

**Duration:** 3 hours.

**Cost:** £55 per delegate, corporate bundle rates available.

**Contact us for advice, more information or to book a course:**

Or you can visit our website [www.mhwsolutions.co.uk](http://www.mhwsolutions.co.uk)

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