

# WORKING AT HEIGHT



## Introduction

There are many hazards that come with working at height. Being aware of your responsibilities and how you can manage the risks can help to avoid injury and damage.

## Course Overview

At the end of the course trainees will be able to:

- » Define working at height
- » Recognise the different height regulations
- » Identify ways of protecting yourself and others
- » Recognise the main hazards of working at height
- » Maintain equipment correctly.

## Course chapters

### 1. Working at Height

Learn about the Work at Height Regulations, what counts as working at height, how to plan correctly and what the main hazards are.

### 2. Hierarchy of Control

This section covers the Hierarchy of Control, collective and personal protection plus important 'dos and don'ts'.

### 3. Type of Equipment

Find out about the different types of equipment used when working at height.

## Who will it benefit?

This course will benefit staff who have duties involving working at height.

