

Working at Heights Awareness

Duration: Half Day

Venue: UHI Orkney

Qualification:

Lantra Awards: Level 3 Award

Target audience:

The half day course is aimed at managers, supervisors and operators required to work at heights.

Course content:

The course will include the following topics:

- Definition of working at height
- Which tasks to complete, or which may be completed, where they will be classified as working at height
- Health & Safety regulatory framework which applies when working at height
- Understand the impact of the Health and Safety executive on working at height
- Know safe working practices for working at height
- Identify, assess and mitigate hazards and risks when working at height
- Identify common causes of accidents
- Understand how an accident might impact their life
- Understand when a ladder is an appropriate choice for the job
- Understand how to assess and use a ladder safely
- Be able to safely prepare, erect, use and dismantle ladders.
- Understand basic concepts of safety around MEWPs and scaffolding
- Know the danger presented by overhead power lines to workers preparing to work at height
- How to plan to work at height near overhead power lines
- Know the various kinds of working at height specific PPE
- Know truth from fact when working at height
- Know what to do and what not to do when working at height
- Create an action plan which is relevant to their current or future place of work