

# Working at Height Awareness



## Who should attend?

This one day awareness program is aimed at those individuals with a responsibility for either managing the risks of working at height, or for approving contractors.

## Course Objectives and Expected Outcomes

**This course should enable attendees to interpret their responsibilities for managing Work at Height and to achieve statutory compliance by providing:**

- An Introduction to the Work at Height Regulations 2005 (as amended);
- An understanding of the hierarchy of controls in particular roof working;
- An understanding of Fall Classification and Effect with examples of the types of equipment to prevent and minimise falls;
- An understanding of the types and inspection requirements of installed safety equipment;
- An appreciation of the different types of access equipment, its usage and inspection requirements.

## Course Overview

- Legal Requirements looking at general legislation and standards;
- Fall Classification/Suitability of Equipment (fall arrest, fall restraint and pendulum effect)
- General Working at Height Systems and Equipment
  - \* Hierarchy of Controls contained within the Regulations
  - \* Fragile Surfaces
  - \* Mobile Elevated Platforms
- Fall Protection Equipment inspection
- Principles of Risk Assessment, planning a strategy, hazards and control measures
- Safe Working Practices
  - \* Introduction to safe systems of work;
  - \* General roof safety – Addressing the main principles of the new HSG 33 3<sup>rd</sup> edition document on roof work;
  - \* Roof Inspections;
  - \* Working on flat/sloping roofs, exposed edge or water.
- Installed Safety Equipment (Types/Inspection)
  - \* Horizontal Life Lines and eyebolts;
  - \* Free Standing/Fixed Guard Rails;
  - \* Man Anchors and fixed ladder systems.

## Further information

Please contact the office for costs and further details on Tel: 020 8875 0700 or e-mail: mail@tetraconsulting.co.uk



## Health & Safety

Risk Assessment  
Compliance Audit  
Training  
Consultancy

## Fire Safety

Risk Assessments  
Compliance Audit  
Log Book and Fire Drawings

## Asbestos

Surveys  
Reinspections  
Project Management  
Expert Witness

## Water Hygiene

L8 Risk Assessment  
Water Hygiene Monitoring

## Energy Management

EPCs  
Air Conditioning Surveys  
Energy Audits

## Working at Heights

Consultancy  
Supply of Equipment

## Food Hygiene