

# WORK AT HEIGHT

## Training Courses



The Work at Heights Regulations 2005 and the Health and Safety at Work Act 1974, define that an employer must not only provide suitable equipment for personnel to work safely at height, but must ensure that they are adequately trained and competent to carry out their duties.

Height access work is a common feature of many professions, such as construction, installation, cleaning, maintenance, etc. This training course is ideal to raise the safety awareness of personnel who are exposed to working at height hazards.

Included within the course are some key manual handling points, as follows...

Legal requirements of persons in the workplace under the Provision & Use of Work Equipment Regulations 1998 (PUWER), the Management of Health and Safety at Work Regulations 1999 and the Health and Safety at Work Act 1974 are explained. Particular emphasis is given to the Working at Height Regulations 2005, such as the removal of the 'two metre rule' and the duty to risk assess all work at height in order to adopt the necessary safety precautions.

The training will then focus largely on Regulation 7, where the hierarchy of control measures are introduced and guidance will be given on selection of suitable work equipment to satisfy working conditions, such as the duration and frequency of the task.

The role of Ladders and Stepladders, Scaffolding, Mobile Access Towers, Access Platforms, Mobile Elevated Working Platforms (MEWP's), Safety Nets, Airbags, Worker Restraints and Fall Arrest Equipment will be discussed to determine when their use is appropriate.

Regulations 8 to 14 will conclude the session addressing precautions when working from fragile surfaces, protection from falling objects, dangerous areas and the inspection requirements.

All delegates receive handout information and, rather than a formal assessment, delegates will be assessed by the trainer throughout based upon participation and demonstration of understanding. Upon successful completion of the course certificates of training will be issued.



**Course Duration**  
3 Hours (½ Day)



**Private Session** (12 places)  
£420 + vat per course



**2 Sessions on 1 Day**  
£390 + vat per course



**Member Pricing** discounts available for subscribed clients – please call

Private group courses can, for no additional charge, be held at either our Rochester training centre or at the client's preferred venue (subject to conditions). Weekend training is also available by special arrangement.



Call Us  
**0800 389 5363**

Email Us  
**enquiries@admac.co.uk**