

## Work at Height Awareness Training

Open and on site Workshops

Duration 3.5 hours Delivered by qualified (NEBOSH L6 Diploma) Trainer (City & Guilds)

### Training Workshop Aims

To gain awareness and knowledge in order to help us to,

- Sufficiently contribute to a great work at height culture
- Confidently contribute to improved safety whilst working at height
- Attain Pass/Merit/Distinction certification

### Objectives

To have a knowledge of;

- Health and safety at height legislation and background
- Our responsibilities under legislation
- The choices we have in staying safe

To have answers to all of these questions;

- What is work at height and safe ladder use?
- Why do we need this training?
- What does Work at height risk assessment include?
- How do I avoid unsafe practice?

To test what we have learned;

- Engage, contribute and complete exercises during the learning
- Complete a multiple choice measurement of the days learning.

### Learning by delivery of

Tutor information, group activity and discussion, visual aids, dvd, workbook

To include;

- Moral, legal and financial consequences
- Bad practices! And risk perception.
- Defining work at height
- Work at height regulations 2005
- The health and safety at work etc. act 1974
- Near miss reporting
- The hierarchy of risk control for work at height
- Avoid, Prevent, Minimise
- Collective measures & PPE
- Work equipment
- Ladder safety and inspection
- What next?

### To take away

- Training workbook
- Certification

