

Construction Height Safety



Level 1 (Operative) Working at Height Training ½ Day Course

Level 1 course introduction

At Leading Edge we have observed that Construction projects are demanding ever faster build programs, with focus being put on time and costs, the result is greater pressure onsite for all trades. Operatives now need to have a higher level of competence in order to work safely at height.

The aim of this course is to keep things simple and real, whilst covering all the key areas. The course concentrates on what the operative really needs to know for the type of work being done. Each course is tailored to be 'trade specific' focusing on the contractor's package, project access sequence, requirements and restrictions.

Perhaps the most important part of height safety training is engaging and motivating operatives in taking responsibility for the way they work at height.

Who is this course for?

This operative training course is designed for anyone onsite whose job requires them to work at height, delegates who attend this course become capable, confident and certified to use the necessary height safety equipment safely and competently.

Why you should feel happy to use us

Every year we have more than 5,000 people complete our recognised training, not only to gain the certification they need, but also the competence to work safely that comes from our specific construction tailored training.

Course content

The course focuses on what's critically important to become competent using safety equipment appropriately in order to create the safest working environment possible.

Theory (3 hours)

In this part of the course operatives gain the appropriate theoretical knowledge required to be able to work safely.

The statement sounds obvious, but in fact it's not, and how we cover this, is what sets us apart, and why our competition have never been able to compete with us.

Our strength and what makes this course so great, is its perceived simplicity!

Our unrivalled construction height safety competence allows us to really deliver the subject dynamically, infusing specific height safety guidance with construction application suitability, carefully pitched to hit the spot with operatives, so that they both remember what's being taught and even more importantly they feel motivated and compelled to implement what they've learned.

The magic lies in the simple logical sequence of information, delivered in a way that becomes intuitive, this has been very carefully developed to ensure the operative fully grasps what's important to make them safe and reduce the effects of skill fade, it's what we do every single day, and after attending this course it's what operatives do every day, that is work safely.

The course covers the necessary subjects from basic relevant legal duties, safety precautions, and correct harness fitting. Moving on to covering equipment requirements, principles and limitations using intermediate equipment such as lanyards, inertia reels, restraint systems, etc. Operatives will consider temporary methods of work, levels of access required versus equipment suitability, whilst looking at site anchorages and anchorage devices. Concluding the theory section we look at delegates' own specific trades, with demonstrations, where we look at and consider good and bad working practice, to dispel and eliminate operator misuse which results in bad practice and accidents.

Practical (1 hour)

The candidates will then be taken on-site for practical training and to gain experience of using equipment in their own work environment, while we evaluate each individual's capabilities. This on-site practical assessment will also allow candidates to voice any concerns or issues they may have about their understanding of working safely and the equipment they use. The instructor works closely with the group to ensure accurate, safe 'on the job' competence is achieved.

Practical section allows the operative to feel confident in their new skills and abilities, gaining a stronger competency, making them happier working safely at height.

Course programme

Theory -

- Course introduction
- Construction statistics, safety awareness and reality
- Basic specific legal outline / requirements & duties
- Group exercise - operative harness competence
- Height safety considerations - package, project access sequence
- Working at height suitability - fall arrest / work positioning / restraint / systems
- Basic elements - safe working procedures / equipment principles / operative considerations:
 - Harnesses
 - Lanyards
 - Inertia reels
 - Connectors
 - Restraint systems
 - Fall arrest systems
 - Fixed and temporary systems
- Equipment requirements and limitations for work specific requirements / suitability
- Anchorage - propriety devices in consideration of trades, access and application
- Basic rescue awareness specific to trade and scope of work
- Group exercise - inspection and care of kit workshop
- Trade specific good and bad practice - site photographs
- Multi question examination paper
- Photo ID

Practical –

Practical group exercise - carried out where operatives are currently working live onsite for direct association with scope of works and making it real.

- Group informal risk assessment
- Method of work selection process
- Equipment selection, identification and familiarization
- Anchorage considerations and set up
- Practical safe working exercises across equipment selection
- Group practice and instructor evaluation
- Instructor live guidance walkabout
- Review of site issues

Learning outcomes

After attending this course delegates will be able to work safely at height with good hazard awareness and appropriate theoretical knowledge. They will be competent in the practical use of the equipment for the level of access required in their scope of work.

They should also be able to use their job specific equipment with a high level of efficiency and confidence as well as have the practical ability to utilise their equipment correctly and safely.

Your ticket to safety

Leading Edge delivers fresh, dynamic and enthusiastic learning presentations with practical applications to make the experience as enjoyable as possible. This will ensure the course is memorable and allows candidates to easily digest the safety information.

On successful completion of the course and examination, candidates will be issued with a Leading Edge Photo ID card and certification as proof of their accomplishment and safety awareness. Plus this course entitles you to our free site safety 'Service Pack' program.

What makes this course different?

This height safety training course has been thoroughly developed with our extensive knowledge and firsthand experience of how things really happen on construction sites. The course is designed with the different packages, scope of work, exposure and available access in mind to provide the optimum training experience to suit the capability of each individual operative.

We recognise that returning to the 'classroom' can be daunting and nerve wrecking for some of our candidates, especially considering the course content includes the requirement of an examination upon completion. This is why we ensure all of our courses are delivered in a fresh and enthusiastic manner to make every candidate's learning experience as enjoyable as possible. This will in turn reduce stress during the training course and help information retention overall.

We train on your site, in real working conditions, solving real on the job problems

On-site training can provide excellent job specific safety solutions while minimising disruption and lost time making it beneficial for both employees and employers. Through this unique training course Leading Edge delivers training and advice to incorporate health and safety requirements and knowledge. This ensures candidates understand all areas of practical and theoretical safety within the course. By running the training on-site Leading Edge can use their experience more effectively on practical demonstrations of the job specific equipment resolving selection, use and suitability issues that would otherwise be undetected off-site.

Don't just take our word for it

Please take a moment to visit our testimonial and find out what our customers think of the service and training we provided. We have received feedback from many of our customers who have reported that our training inspires greater levels of confidence in the operatives working at height, as a result operative's work more safely and efficiently.

Pricing information

Location - onsite

Our training is job specific and so in order to provide the most effective training we deliver courses on-site. We provide direct training at your location both nationwide and internationally. So wherever you are, we can deliver the training courses you need.

Duration - ½ day (8.30am to 1pm)

Our courses last ½ a day to ensure candidates receive excellent training and practical assessments. Because our training is held on-site it will minimise disruption and travelling times so you can maintain your workplace schedule.

Course pricing

No. Of People	Onsite Cost*
Up to 10 Persons Course	£880 + (VAT)
Up to 20 Persons Course	£1255 + (VAT)

*Course fees include the travel costs for England and Wales only; for all courses outside of this area there will be additional travel costs as appropriate.

CITB rebate

If your company is CITB Grant Assisted you will receive a £35 Rebate for each person trained (direct from the CITB) Thus if you place 10 people on a 10 persons course, the net cost to your company is £530 + VAT (or £53 per person) Placing 20 people on a 20 persons course, the net cost to your company is £555 + VAT (or £27.75 per person)