



# LEADING EDGE

Advanced Level 1 Plus Working At Height Training

## Advanced Level 1 Plus Working At Height Training | 1 Day



### Advanced Level 1 Plus Working At Height Training

#### Who Is This Course For

This one day fall arrest safety course is specifically designed for advanced operatives, foremen / supervisors (not management) whose job requires them to work hands on with fall arrest equipment, focusing on gaining higher level of practical on-site competence and familiarization that can only be achieved by completing one day focused training course.

#### What Are The Objectives Of The Course

The end result of putting your advanced operatives and supervisors through this one day course will be that the delegates will have a greater understanding of how to work safely and have the skills to be confident to supervise, give help and advice to operatives considering the environment in which operatives are working, demonstrating hazard awareness, anchorage suitability, and appropriate equipment selection.

As part of this course, each delegate receives individual time with the instructor, allowing the instructor one on one time to spend working on any areas of weakness, ensuring an overall level of competence

#### Learning Outcomes

After completing this one day course, *foremen, supervisors and advanced operatives* will have a sound theoretical knowledge, combined with appropriate hazard awareness, anchorage, equipment selection understanding. Whilst being competent to use their equipment with a high level of efficiency and confidence to use it correctly and safely when working at height.



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#### Introduction

It is imperative that on today's construction sites, operatives gain the vital skills and competence to work safely at height and that advanced *operatives, foreman, supervisors* have a sufficient understanding and the necessary practical skills to be able to monitor and assist their colleagues working at height.

This can only be achieved through professional training, that delivers results by focusing on four key elements necessary for working safely at height:

- the operatives trade
- the job task and application
- the appropriate equipment
- the work environment.

These four areas need to be fully understood by foremen supervisors and advanced operatives to ensure the safety of operatives working at height. Perhaps the most important part of height safety training is engaging and motivating operatives in taking responsibility for the way they work at height. Each course is tailored to be 'trade specific' focusing on the contractor's package, project access sequence, requirements and restrictions.

The end result of putting your supervisors and operatives through this one day advanced course will be that the delegates will have a greater understanding of how to work safely and have the skills to be confident to supervise, give help and advice to operatives considering the environment in which operatives are working, demonstrating hazard awareness, anchorage suitability, and appropriate equipment selection.

Delegates will be certified competent work and to use height safety equipment and to achieve required levels of safe access on-site.

### 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.

### We Guarantee Our Training Free Licence Card Support

If you discover an operative, who was previously trained by us, currently working in an unsafe manner or not adhering to safety practices then you can implement the card licensing system and remove their card authority by cutting off one of the four corners of their licence card.

Following this step, you can then contact Leading Edge and a technical support member will arrange to come on-site and provide additional instruction to the operative and offer site management support *Free of Charge*.

This will help the staff regain the skills they need to get back to their job and work in safe environment.

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### Course Content

This Level 1 (Plus+) course is totally tailored so that delegates only learn what they really need to know. Focusing on what you do and how you do it, whilst integrating the specific knowledge making it directly relevant to the delegate and their job, there by achieving a higher level of adoption and lower skill fade and resulting in a happier team.

### Theory

This course is broken down into topics relevant to construction and scope of the work being carried out at height on-site. We basically cover the same theoretical principles of a grade 1 course, such as the critical importance of correct harness fitting, how to use specific equipment given necessary levels of access.

Understanding temporary anchorage requirements and suitability when working day to day, along with construction height safety knowledge on what you can and can't do when working at height on-site, and what you can and can't use when it comes to selecting suitable equipment considering trade restrictions and application suitability.

### Practical

Our major strength in this course lies in the practical element. We spend the second part of the day (after lunch break) actually simulating all possible operations and therefore necessary levels of access and equipment use at the location where they are working, so the training is directly relevant to their working environment, making it specific, focused and effective.

We incorporate techniques that reinforce equipment skill and operatives competence, preventing skill fade and future confusion leading to bad practice. Delegates will be engaged in using various systems and types of equipment, and will be given the opportunity carry out live practice using these systems and equipment in a safe and controlled environment under the supervision of the instructor.

Following this practical part of the course each delegate will be individually assessed for their practical abilities. While evaluating the individual, any areas of concern or practical skill requirements will be addressed during this one-on-one session. This on-site practical assessment will also allow candidates to voice any concerns or issues they may have about their working environment and the equipment they use. This session allows the instructor work closely with the delegate to provide directly relevant and accurate, safe 'on the job' personal guidance.

Understanding the difference professional training makes to the outcome and success of achieving a operatives competence is fundamental in gaining a strong safe work force able to effectively work at height.

### What Makes This Course Different

*This course is unique in several ways:*

Hands On Practical Training - having the extra time spent via this one day course at a practical level is key to really becoming confident and comfortable with the skills necessary to work and supervise those working at height.

We understand the normal level of key information given on a half day course can sometimes leave you feel engaged but lacking the time on the course to bed in the new skills, and having the second part of the day to digest information and repeatedly put it into practice with the instructor as part of a small group, makes a great course become brilliant at imparting the necessary skills.

### **One On One Guidance -**

As part of this course, each delegate receives individual time with the instructor, allowing the instructor one on one time to spend working on any areas of weakness, ensuring an overall level of competence within the group.

### **Highly Evolved Training -**

This course has been developed, and continually updated over the last seven years. Training operatives at height in construction every single day across the whole construction spectrum. Utilising our extensive knowledge and first-hand experience of how things really happen on construction sites. Our licensed training is not only well recognised but is often a mandatory requirement by many principle contractors.

### **Job & Trade Specific -**

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 each trade and the capability of each individual operative and their specific task.

### **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.

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#### Course Programme Theory (3 Hours)

##### Course Introduction

Height safety statistics, construction awareness and on-site reality check

Basic specific legal outline/requirements & duties

Group harness competence workshop

Working at height methodology, fall arrest, work positioning, restraint systems

Rescue considerations specific to scope of work and access

Basic elements of safe working procedures, equipment principles, operator considerations.

- Harnesses (Design and access configurations)
- Lanyards (Fixed length/Adjustable / Shock Absorbing)
- Inertia Reels
- Restraint (Fixed length / Adjustable)
- Connectors (Maillon / Karabiners / Hooks / Soft-links)
- Lifelines (Temp / Perm/Fall Arrest/Restraint)
- Anchors (Fixed / Temporary)
- Fixed and Temporary Systems (Vertical & Horizontal)
- Personal Relief Systems
- Fall clearance & fall factors

Equipment limitations for work specific requirements / trade suitability

Temporary anchorages - propriety devices in consideration with available anchorage

Inspection regime and care equipment

Group discussion - height safety consideration around scope of activity

Good and bad practice review

Multi question examination paper

#### Course Programme - Practical (4 Hours)

The practical group exercise is split into three phases: 'Group Exercises', 'Group Walkabout Activity' and 'One on One'.

#### Group Exercises

- Hazard identification process - task and location specific
- Safe work environment mentality and process
- Access considerations and work suitability
- Temporary anchorage considerations and rigging
- Equipment selection, identification and familiarization
- Practical use across all equipment
- Debrief and practice time

#### Group Walkabout Activity

The group is taken around the site looking for multiple locations which would necessitate a change in scope of activity and access methodology. At which point the group is split into pairs to demonstrate application understanding and competence in all the elements covered in the 'Group Exercises' but for the new scenario.

This is repeated until everyone is confident and happy to proceed to the one on one.

#### One On One

Instructor evaluation - this is done through getting each person to demonstrate practical understanding in:

- Hazard awareness
- Anchorage identification and suitability
- Appropriate equipment selection
- Correct equipment set-up, operation and control
- Oral question and answer assessment
- Open discussion session



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### Trade Specific & Tailor Made Training Courses

Training is not just about 'Generic Principles', to us it's about improving site safety, awareness and productivity through workplace, trade and job specific guidance.

Contractors own site sequence, restrictions and equipment suitability are considered, therefore the training has direct association and adds real value.

### Package Considerations

Forexample, where we need to consider the methodology and height safety requirements of a concrete frame build, providing specific guidance covering slabs, columns, walls, shoring, climbing formwork systems we would consider the following:

The access, sequence and restrictions for traditional erect and strike formwork to table systems and all associated issues, such as leading edges and infill gaps.

### Where necessary would also consider:

- Floor heights
- Grid size
- Column arrangements
- Anchorage and edge protection

Whether working on the transfer slab with hazards such as holes for sumps, to core access and sequence using jump and slip-form propriety systems etc.

### Understanding Your Needs

We train every day on site and we understand how our customers want to work. We adapt and tailor our training to your specific needs so you can work safely at height and improve your operatives confidence and efficiency given your work and trade requirements.

We don't only train in our own equipment but whatever you are currently using, including inertia reels, alsipercha, lifeline and restraint systems etc . Making sure that the equipment you are using it is used appropriately and safely.

### Construction Trade Specific

All Leading Edge courses are available with greater emphasis for the following trade packages:

- Steel frame (erection / decking)
- Concrete frame (in-situ formwork / pre-cast)
- Roofing
- Facades (cladding / curtain walling / structural glazing)
- Access (scaffolding / mewps / towers)
- Banksman (loading and unloading)
- Prefab modular buildings
- Groundwork's and excavation
- Demolition
- Temporary works
- Mechanical & electrical

There are many more jobs and trades than identified on this list. We have done this type of training onsite and for so long that we really understand your job requirements and can tailor our course to match your needs specifically.

### Tailor Made Training Courses

Some customers require something a bit special. They like our courses so much they ask us to tailor them exactly to their specific needs.



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### Pricing Information

Location: Client's Site

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.

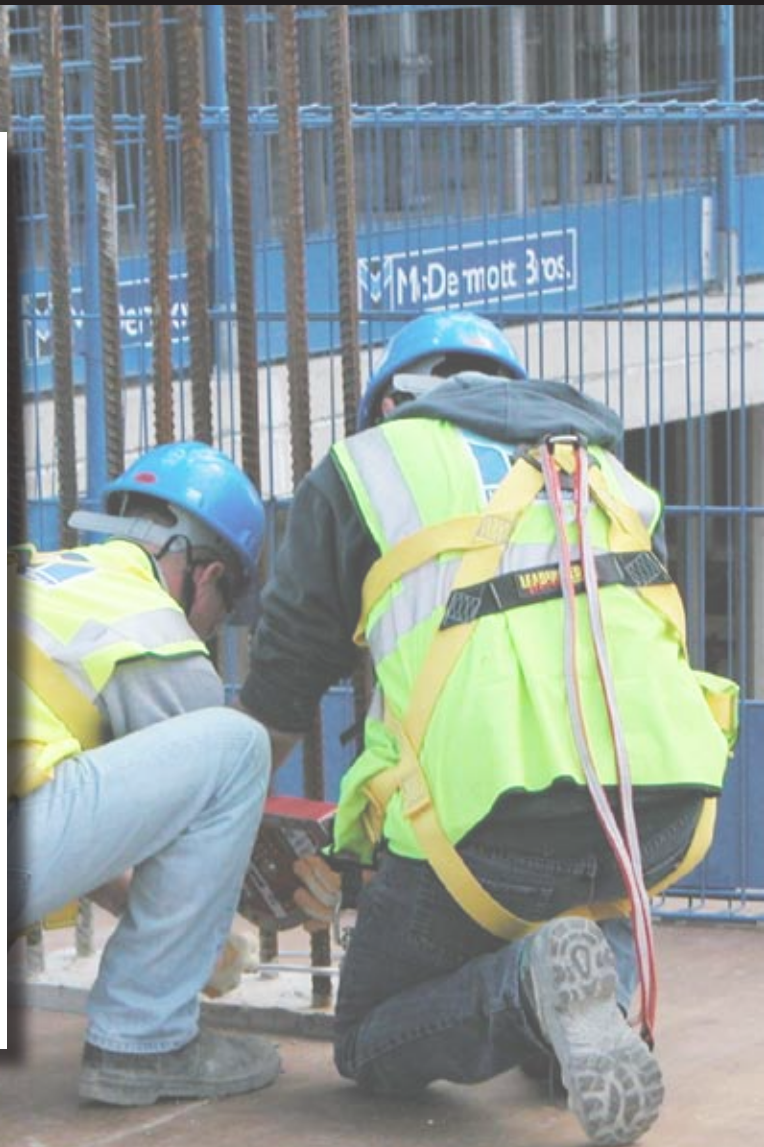
Duration - 1 Day (8.30am to 5.00pm)

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

No. Of People	Onsite*
Up to 5 Persons Course	£1120 + (VAT)
6 - 10 Persons Course	£1620 + (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.

Telephone: 01329 550 121 | Fax: 01329 550 470



# Leading Edge Safety Group Booking Form

Fax This Form Back On: 01329 550 470

## Terms & Conditions

- Provisional dates can only be reserved for 24hrs before booking is lost
- Booking confirmation is only accepted on completion and return of this form.
- Course cancellation made at or under 5 working days notice will be invoiced at full course cost.
- Photo ID Licences and Certificates will be released on receipt of payment
- By signing this form you agree to these terms and conditions.

Client Details	
Booking Contact:	
Position:	
Company:	
Address:	
Email:	
Tel:	
Fax:	

Training Location Details	
Site Name / Project:	
Site Address:	
Site Contact	
Site Tel No:	

<b>Course Details</b>	
Training Course:	
Training Date:	
No Of People Attending Course	
Course Fee:	
Course Start Time:	

<b>Order Confirmation</b>	
Order No:	
Print Name:	
Signature:	
Date:	
	(by signing this document you agree to the Terms & Conditions Listed Above)

<b>Cards &amp; Certificates</b>	
Please give details of where you would like cards and certificates sent to:	
Postal Address:	
Contact Name:	

### **Course Location Requirements**

- Classroom courses containing a theory element will require a room with a suitable number of tables, chairs and 240v power supply
- Courses containing a practical section will require a clear area ideally where the candidates are working for direct association
- Rescue courses additionally require an open edge with height clearance



**Leading Edge**  
Unit 6  
Glenmore Business Park  
Aerodrome Road  
Gosport  
Hampshire  
PO13 0FQ

**Telephone**  
+44 (0) 1329 550 121  
**Fax**  
+44 (0) 1329 550 470  
**Web**  
[www.leadingedgesafety.co.uk](http://www.leadingedgesafety.co.uk)  
**Email**  
[sales@leadingedgesafety.co.uk](mailto:sales@leadingedgesafety.co.uk)