

# LEADING EDGE



Advanced Working At Height Training



### Advanced Working At Height Training

#### Who Is This Course For

This working at height course is specifically designed for advanced users and supervisors (not management) whose job requires them to work 'hands on' with height safety PPE equipment.

Delegates will be focused on gaining a higher level of practical competence and familiarization that can only be achieved by completing this one day fall protection training course.

This course will also benefit supervisors responsible for those working at height and looking for a basic understanding to better appreciate the activity to control the process safely.

#### What Are The Objectives Of The Course

The aim of this course is to provide delegates with an in depth knowledge to fully understand the hazards and dangers of working at height and the ability resolve these issues over a wide range of situations by selecting the most appropriate procedures and equipment.

#### Learning Outcomes

After completing this one day course, delegates will have a sound theoretical knowledge and a better understanding of hazards and risks when working at height. Delegates will also be competent and confident to select appropriate anchorage and PPE height safety equipment. They will have the skills to be able to supervise those working at height, giving help and advice to other trained workers/users whilst considering the environment in which they are working and the tasks they are carrying out.

Delegates will be able to demonstrate hazard awareness, anchorage suitability, appropriate equipment selection and the correct use of safety equipment.





### Advanced Working At Height Training Introduction

If you want a greater depth of knowledge and more practical 'hands on' experience from your height safety training - then this is the course for you.

To put it simply, we work with you to help you understand what you should do, how you should do it, through providing advanced practical training done in a very small group, developing your knowledge and skills to handle the scope of activity at your place of work.

This course goes beyond the 'basic working at height' course by giving delegates greater exposure and more experience in practical 'on the job' training.

This helps to reinforce the theoretical knowledge and gives experience in selecting and setting up height safety equipment over a broad range of tasks and situations.

This 'small group' (often 'one on one') training makes sure that delegates can easily ask questions and get relevant advice on any issues that they may have.

After completing this advanced practical fall protection course you will be certified competent and have the skills to be confident to work and supervise those working at height, giving help and advice to other trained workers/users whilst considering the environment in which they are working and the tasks they are carrying out.

Above all know what you're doing is safe and best practice, ensuring a safe and professional workplace for you and your colleagues.

The result is that delegates leave the course retaining the information, understanding it's personal to them and their safety (and where applicable their colleagues). The vibrancy and passion with which the course is delivered is memorable and will help to reduce skill fade.

### 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.

## Advanced Working At Height Training | 1 Day

### Advanced Working at Heights - Course Content

This course focuses on what you do, how you do it and where you do it, whilst integrating specific knowledge making it directly relevant to you and your job, thereby achieving a higher level of adoption and lower skill fade.

#### Theory (3 Hours)

We basically mirror the same theoretical principles as in the 'basic' course, such as the critical importance of correct harness fitting, how to use specific equipment given necessary levels of access.

Delegates gain a thorough understanding of temporary anchorage requirements and suitability when working day to day, along with workplace height safety knowledge on what you can and can't do when working at height, and what you can and can't use when it comes to selecting suitable equipment considering job restrictions and application suitability.

#### Practical (4 Hours)

The strength of this course lies in its practical element.

Spending the second part of the day (after lunch break) actually simulating all possible workplace scenarios and therefore necessary levels of access and equipment used at all the different locations where you are working.

The training is directly relevant to your working environment, making it specific, focused and effective.

We incorporate techniques that reinforce equipment familiarisation and competence, preventing skill fade and future confusion which may lead to bad practice.

#### What Makes This Course Different?

We recognised the need for a course that sat between the 'basic' working at height course and the 'management course', with specific focus on building practical competence, offering users a higher degree of skill and confidence to supervise others.

This height safety course is unique in several ways:

#### Workplace & Job Specific Training

The course is designed with the scope of work, exposure and available access in mind to provide the optimum training experience to suit each company and the capability of each individual user and their specific task.

### Highly Evolved Training Methodology

Our courses have been developed, and continually updated over the last seven years, training people to work at height every single day across the whole spectrum of industries.

Utilising our extensive knowledge and first-hand experience of how things really happen.

Our licensed training is not only well recognised but is often a mandatory requirement by many blue chip companies.

### Focused Practical Training

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

We understand the normal amount of information given on a half day course can sometimes leave you feeling engaged but lacking the time on the course to bed in the new skills.

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 Instructor 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.

### Don't Just Take Our Word For It

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.



### Advanced Working At Height Course Programme

#### Theory (3 Hours)

##### Course Introduction

Height safety statistics, awareness and reality check

Basic specific legal outline/requirements & duties

Group harness competence workshop

Working at height methodology - fall arrest / work positioning / restraint/systems etc.

Rescue considerations specific to scope of workplace and access

Basic elements of safe working procedures/equipment principles/user selection 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

Equipment limitations for work specific requirements / job 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

Photo ID

### 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 workplace looking for multiple locations which would necessitate a change in 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

## Advanced Working At Height Training | 1 Day

### 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.

Our courses are tailored to your place of work, the job being done, sequence of work, restrictions and equipment suitability.

This training has direct association and adds real value.

### Every Customer Is Unique

For example, where we need to consider the work methodology, processes, height safety and equipment requirements for a particular job, we take into account the nature of the job being done and the surrounding environment, access and restrictions and then provide specific guidance for how to do the work safely.

Our courses highlight good and bad practice and what you really need to 'know and do' to be safe while working at height.

### Understanding Your Needs

We train every day at job locations 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 employees 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, restraint systems and rope access etc . Making sure that the equipment you are using it is used appropriately and safely.

### Trade Specific

All Leading Edge courses are available with greater emphasis for the following industries and trades :

- Airline Industries
- Environment
- Utilities
- Oil and Gas
- Process and Chemical Plant
- Telecommunication
- Military
- Factory
- Plant and Machinery
- Roof and windows
- General worker at height
- Demolition
- Inspection at height
- Mechanical and Electrical
- Temporary Works
- Scaffolding and Towers
- Steel worker
- Powered Access
- Construction

There are many more industries 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.





### 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



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