

# LEADINGEDGE



Operative Level 1 Working At Height Training



### Basic Working At Height Training

#### Who Is This Course For

This level 1 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.

#### What Are The Objectives Of The Course

The aim of this course is to keep things simple and real, whilst covering all the key areas of how to work safely at height. 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.

#### 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.

Delegates will have acquired the skills necessary to work at height in adjustable restraint thus minimising the likelihood of falling and needing call upon their fall arrest equipment

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.

#### We Train At Your Location, Helping You Solve Real On The Job Issues.

On-site training is the key to reducing disruption and minimising lost time for employers. It also allows Leading Edge to apply specific training and advice relative to your actual workplace.



## Operative Level 1 Working At Height Training | ½ Day



### Operative Level 1 Working At Height Training

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.

### 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.



### 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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### Level 1 Working at Heights - Course Content

The course focuses on what's critically important to become competent using height 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 it 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 insure the operative fully grasp 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 Hours)

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.

### 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.



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### Basic Working At Height Course Programme

#### Theory (3 Hours)

Course introduction

Construction statistics - safety awareness and reality check

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 (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

Anchorage - propriety devices in consideration with access and application

Rescue considerations specific to scope of work

Group exercise - inspection and care of kit workshop

Good and bad practice

Multi question examination paper

Photo ID

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### Course Programme - Practical (4 Hours)

Practical group exercise is carried out where workers are currently working live for direct association with tasks and duties and scope of works.

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 and walkabout

Review of site issues

### 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 site and trade specific guidance.

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

### Package Considerations

For example, 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.

### Trade Specific

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

- Steel Frame (Erection / Decking)
- Concrete Frame (In-Situ Formwork / Pre-Cast)
- Roofing
- Facades (Cladding / Curtain Walling / Structural Glazing)
- Access (Scaffolding / Mewps / Towers)
- Banksman (Loading & 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.



## Operative Level 1 Working At Height Training | ½ Day

### 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.

### 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 - ½ Day (8.30am to 1.00pm)

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	**Open Enrolment £175 + VAT per person
Up to 10 Persons Course	£995 + VAT
11 - 20 Persons Course	£1420 + 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.

\*\*Open Enrolment courses are held at the Leading Edge training rooms in Gosport, Hampshire.

(We require a minimum of 3 candidates for a course to proceed).  
Call: 01329 550 121 for next available dates or more information.

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:	

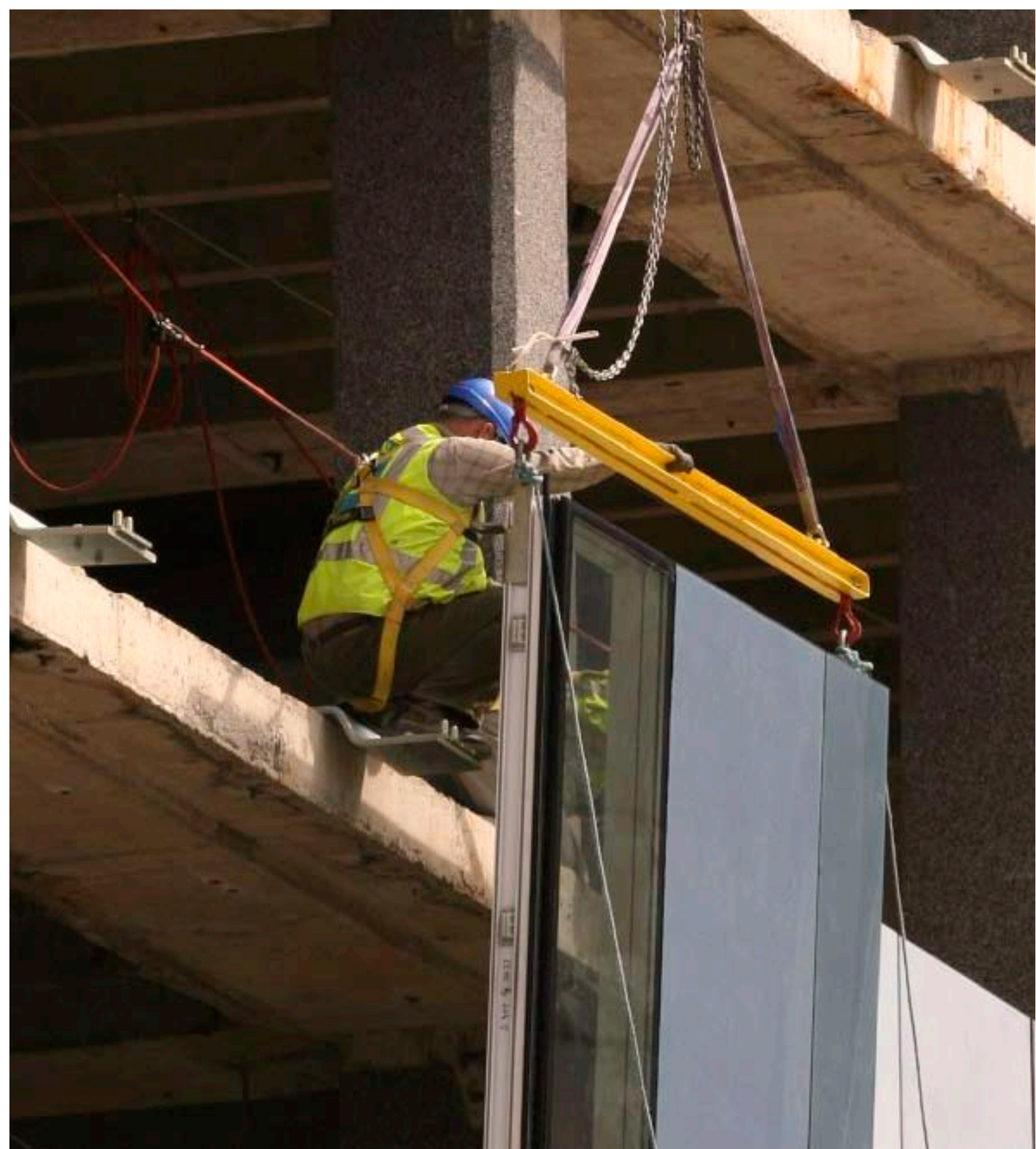
Course Details	
Training Course:	
Training Date:	
No Of People Attending Course	
Course Fee:	
Course Start Time:	

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

Cards & Certificates	
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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