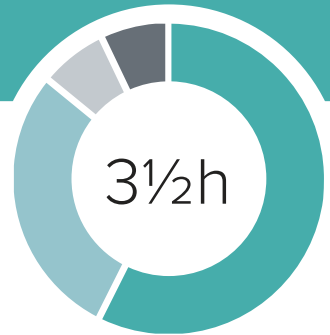


BASIC AWARENESS

Working At Height Course

Course Overview

Learn basic safety principles, don a harness and gain competence operating your height safety equipment during a half day of theory and practical exercises — the most efficient package for teams who are required to work at height with limited exposure.



2h Theory

1h Practical

15min Break

15min Theory

Key Topics

Hazard Awareness

Harness Training

Anchorage

Safe Work Methods

Who is it for?

This courses is aimed at beginners to working at height. For example a volunteer or person that requires a skill update or refresher training. Every course is tailored to your unique working at height requirements.



All Kit Provided



Recognised Certs & ID's




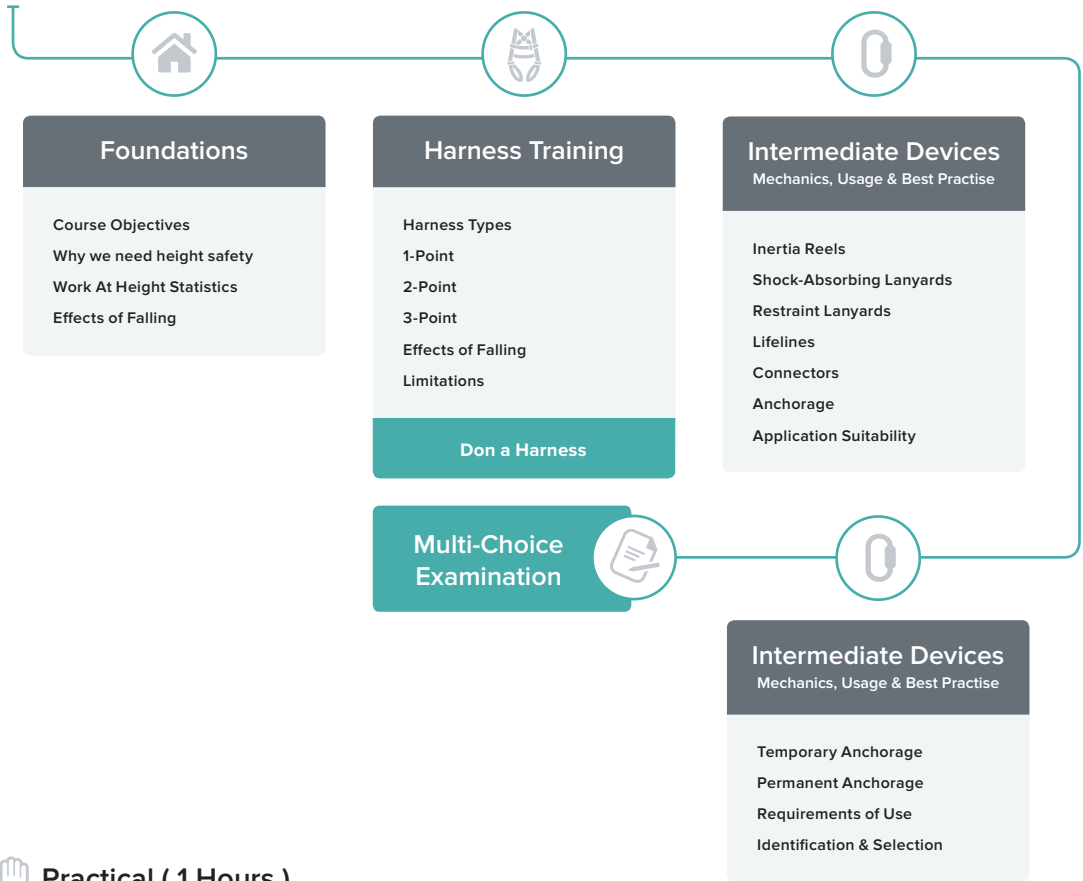
Valid for 3 Years




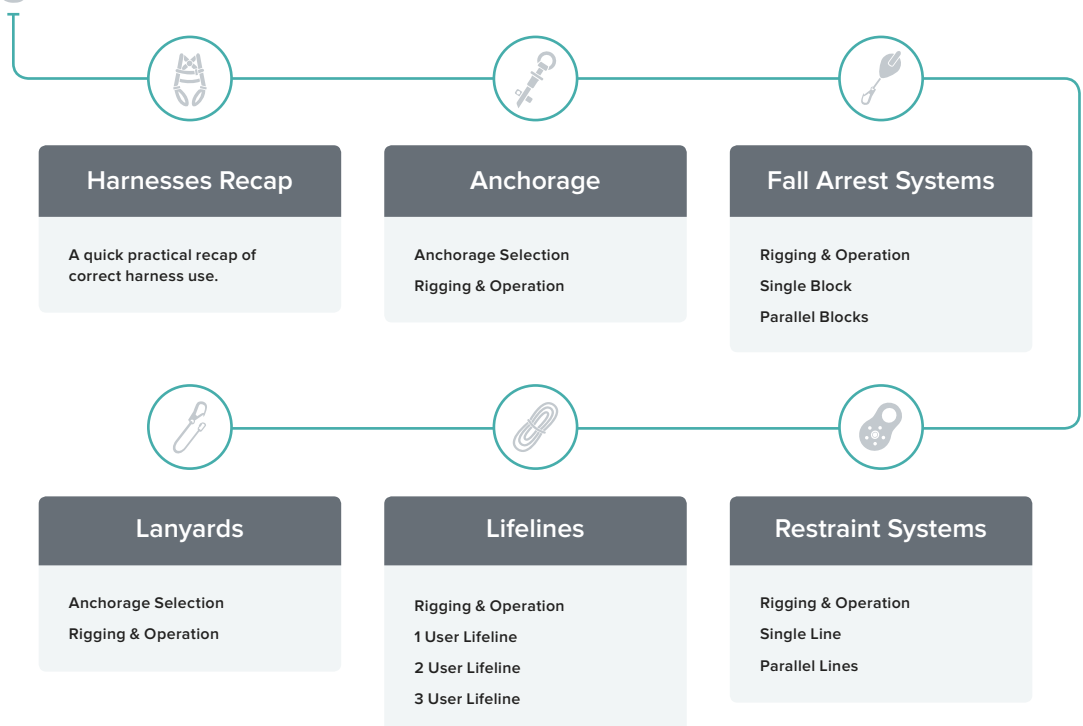
OPEN ENROLMENT		1-5 PERSONS		6-10 PERSONS		11-20 PERSONS	
In House	£95pp	In House	£445	In House	✗	In House	✗
On Site	✗	On Site	✗	On Site	£795	On Site	£1060



 **Theory (2 Hours)**



 **Practical (1 Hours)**



Know the dangers. Don a harness.

Learn about different types of full body harnesses and discover what they are for, how they are used and the effect falling in one has on the body. Each of you will be given a harness to don under the guidance and assessment of the instructors. Your whole team will feel confident inspecting, wearing and adjusting harnesses safely for work at height.



Practise essential Safety skills.

A series of group practical exercises test your new height safety skills in a live scenario where you'll set up anchorage and practice using fall-arrest, restraint and lifeline systems in a variety of configurations required for your job.

Terms & Conditions

- » Provisional training dates can only be reserved for 24hrs before booking is lost
- » Booking confirmation is only accepted on full completion and return of this form
- » we reserve the right to alter prices and course content without notice.
- » Photo ID Licences and Certificates will be released on receipt of payment
- » if delegate numbers change on the day of training, you will be charged according to the group size

England & Wales

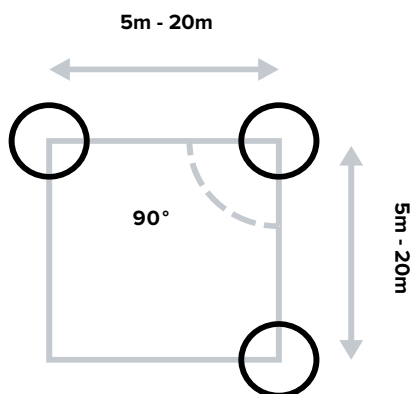
Cancellation/amendments must be notified in writing:

- » Within 10 working days of the course date for zero charge
- » Within 7 working days of the course for a 50% charge
- » At 6 working days or under of the course, the full cost of the course will be invoiced
- » Courses north of Birmingham may incur a travel charge, which will form part of the overall course cost

Scotland

Cancellation/amendments must be notified in writing:

- » Within 14 working days of the course date for zero charge
- » Within 11 working days of the course for a 50% charge
- » At 10 working days or under of the course, the full cost of the course will be invoiced
- » Courses run in Scotland will incur a travel charge, which will form part of the overall course cost



! Site Requirements:

Practical exercises require three anchor points* placed at right angles and spaced between 5 and 20 metres.

Don't fret if site access is unavailable. We strive to be as accommodating as possible and can conduct practical lessons in car parks, fields and classrooms when necessary!

**columns, railings, fencing, metal structures, rebar or anything capable of supporting 300kg.*

Training Booking Form

Training Location

Site/Project Name

Address

Site Contact Phone No.

Email Address

Invoice Details

Company Name

Address

Accounts Contact Phone No.

Email Address

Purchase Order Number

Course Details

Course	Class Size	Date	Start Time	Cost (EX-VAT)

Certificate Delivery Address

Address

Contact Name

Customer Signature

Signature

Title Name

By signing this document you agree to our terms and conditions.