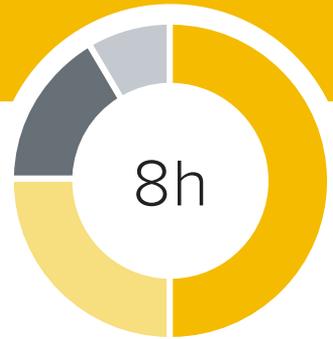


# LEVEL 1+ SUPERVISORS

## Working At Height Course



### Course Overview

Level 1+ gives you extra time to not only learn more advanced height safety techniques but benefit from greater depth of one-to-one discussion with an expert instructor. Our aim is to increase your knowledge and skills to a superior level, enabling you to oversee and advise colleagues in their activities at height – perfect for people in supervisory roles.

- 4h Theory
- 2½h Practical
- 1h Break
- ½h Exam

### Key Topics

- Height Regs
- Equipment & Practices
- Hierarchy of Control
- Harness Training
- Anchorage
- Intermediate Devices
- Kit Care
- Dropped Objects
- Safe Work Methods
- Supervisor Controls

### Who is it for?

This courses is essential anyone who supervise operatives working at height, or for general operatives wishing to further their careers. Every course is tailored to the requirements of your trade.



**All Kit Provided**



**Recognised Certs & ID's**



**Valid for 3 Years**



OPEN ENROLMENT		1-5 PERSONS		6-10 PERSONS	
In House	£175pp	In House	£795	In House	✗
On Site	✗	On Site	£1060	On Site	£1410



 Theory ( 4 Hours )



**Foundations**

- Course Objectives
- Why we need height safety
- Work at Height Statistics
- Effects of Falling
- Supervisor Controls**



**D.E.P**  
Definitions, Equipment & Practises

- Fall Arrest Systems
- Work Positioning
- Restraint Systems



**Hierarchy of Control Measures**

- Process
- Stages of Control
- Examples of Measures



**Understanding Anchorage**

- Temporary Anchorage
- Permanent Anchorage
- Requirements of Use
- Selection & Identification



**Intermediate Devices**  
Mechanics, Usage & Best Practise

- Inertia Reels
- Shock Absorbing Lanyards
- Restraint Systems
- Lifelines
- Connectors
- Anchorage Devices
- Applicational Suitability
- Equipment Selection



**Harness Training**

- Harness Types
- Effects of Falling
- Limitations
- Supervisor Observations**

**Don a Harness**



**Height Rescue 101**

- Suspension Intolerance
- Definition & Effects
- Venous Pooling**
- Orthostatic Intolerance
- Pre-Syncope
- Syncope
- Reflow Syndrome**
- Preload
- Vascular Shock



**Kit Care**

- Inspection Frequency
- Product & Service Life
- Pre-Use Inspection
- Conformity
- Supervisor Controls



**Dropped Objects**

- Statistics
- Legal Duties
- Tool Tethering Solutions



**Multi-Choice Examination**



**Planning Work Activity**

**Group Exercise**

# Practical ( 2½ Hours )



### Harnesses Recap

A quick practical recap of correct harness use.



### Anchorage

- Anchorage Selection
- Rigging & Operation



### Fall Arrest Systems

- Rigging & Operation
- Single Block
- Vertical Blocks
- Parallel Blocks
- Triangulated Blocks



### Lanyards

- Anchorage Selection
- Rigging & Operation



### Lifelines

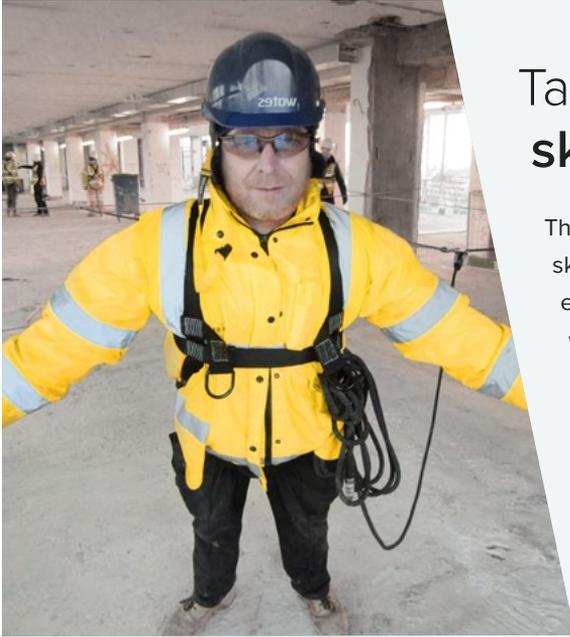
- Rigging & Operation
- 1 User Lifeline
- 2 User Lifeline
- 3 User Lifeline
- Lifeline Bending
- Intermediate Devices



### Restraint Systems

- Rigging & Operation
- Single Line
- Vertical Line
- Parallel Lines
- Triangulated Lines
- Single Pitched Lines
- Parallel Pitched Lines





## Take your safety skills higher.

The Level 1+ course begins with all the essential skills found in Level 1 but takes you deeper with an extra hour of theory where we discuss fall arrest, work positioning and fall restraint systems at an advanced level. We'll demonstrate the Hierarchy of Control used to ensure suitable work methods are used at all times, get you fully harness trained and show you how to make observations that encourage your teams to follow safe practices at all times.

## Learn more advanced techniques.

After your theory sessions we get outside to conduct live practical exercises on the use of anchorage, blocks and restraint systems, lifelines and lanyards. At this point another additional hour gives you time to experiment with more application configurations and advanced height access techniques.



## More practical time. More applications.

Level 1+ gives you greater time to practice using your equipment in multiple applications, so you can gain experience with the subtle differences in rigging that can occur between various scenarios.

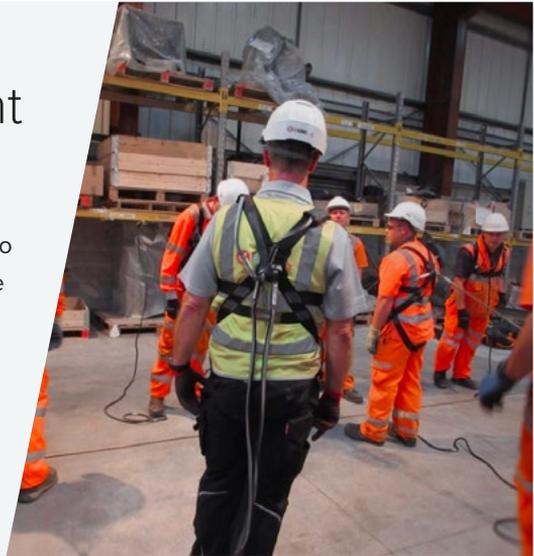


## Ensure your team uses the right gear.

As a supervisor understanding what equipment to provide for different applications based on your team's access, scope of work, and exposure risks is essential for their safety. You'll master how to select the right equipment for any job at height under your supervisory control.

## Supervise a competent team at height.

After your theory sessions we get outside to conduct live practical exercises on the use of anchorage, blocks and restraint systems, lifelines and lanyards. At this point another additional hour gives you time to experiment with more application configurations and advanced height access techniques.



## Essential skills for supervisors.

After the practical phase we continue with a deeper section of theory, where you'll learn about height rescue, suspension intolerance, kit care, inspection and dropped objects as they relate to the supervision of operatives at height.

# 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

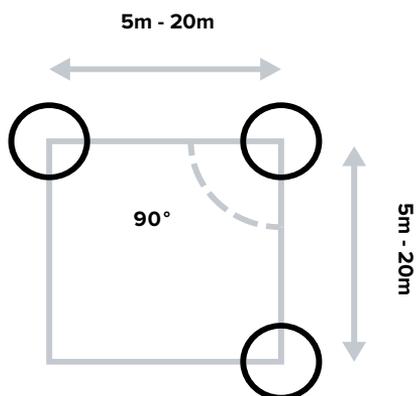
Cancellation/amendments must be notified in writing:

- » 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.*