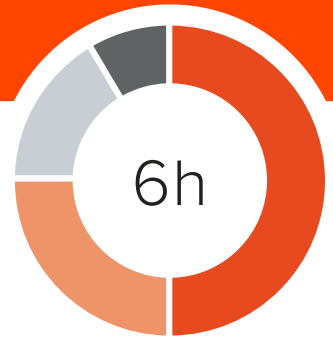


LEVEL 1 OPERATIVES

Working At Height Course

Course Overview

Master the equipment, methods and practices that keep you safe at height when working over an edge. We not only help you discover a personalised height access solution but tailor your course to suit your trade, ensuring your whole team gain complete theoretical and practical safety skills that have direct association to your daily activities.



- 3h ■ Theory
- 1½h ■ Practical
- 1h ■ Break
- ½h ■ Exam

Key Topics

- Hazard Awareness
- Equipment & Practices
- Kit Care
- Harness Training
- Hierarchy of Control
- Anchorage
- Anchorage
- Dropped Objects
- Safe Work Methods

Who is it for?

This courses is aimed at professional working at height operatives, or height workers who need a skill refresh renewal. Every course is tailored to the requirements of your trade.



All Kit Provided



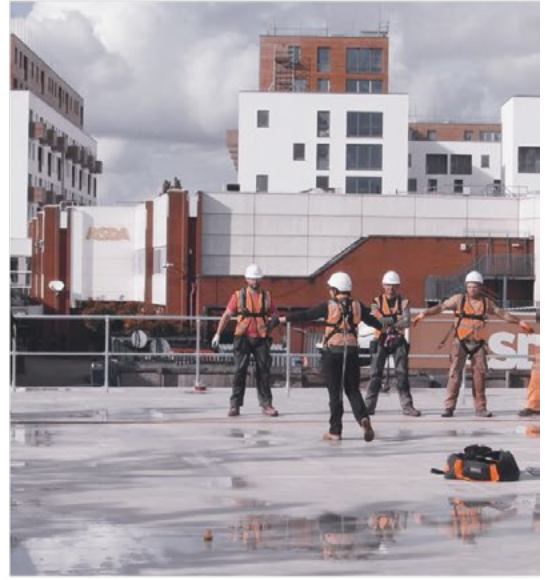
Recognised Certs & ID's




Valid for 3 Years



OPEN ENROLMENT		1-5 PERSONS		6-10 PERSONS		11-20 PERSONS	
In House	£135pp	In House	£595	In House	×	In House	×
On Site	×	On Site	£795	On Site	£1060	On Site	£1410



 Theory (3 Hours)



Foundations

Course Objectives

- Why we need height safety
- Work at height statistics
- Effects of falling



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
- Application Suitability



Harness Training

- Harness Types
- Effects of Falling
- Limitations

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



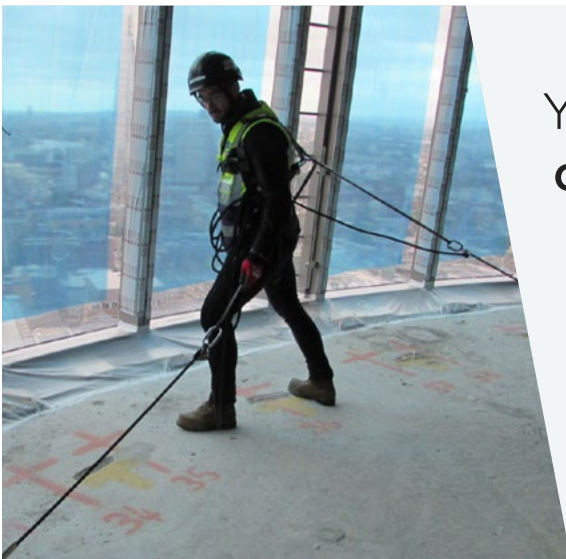
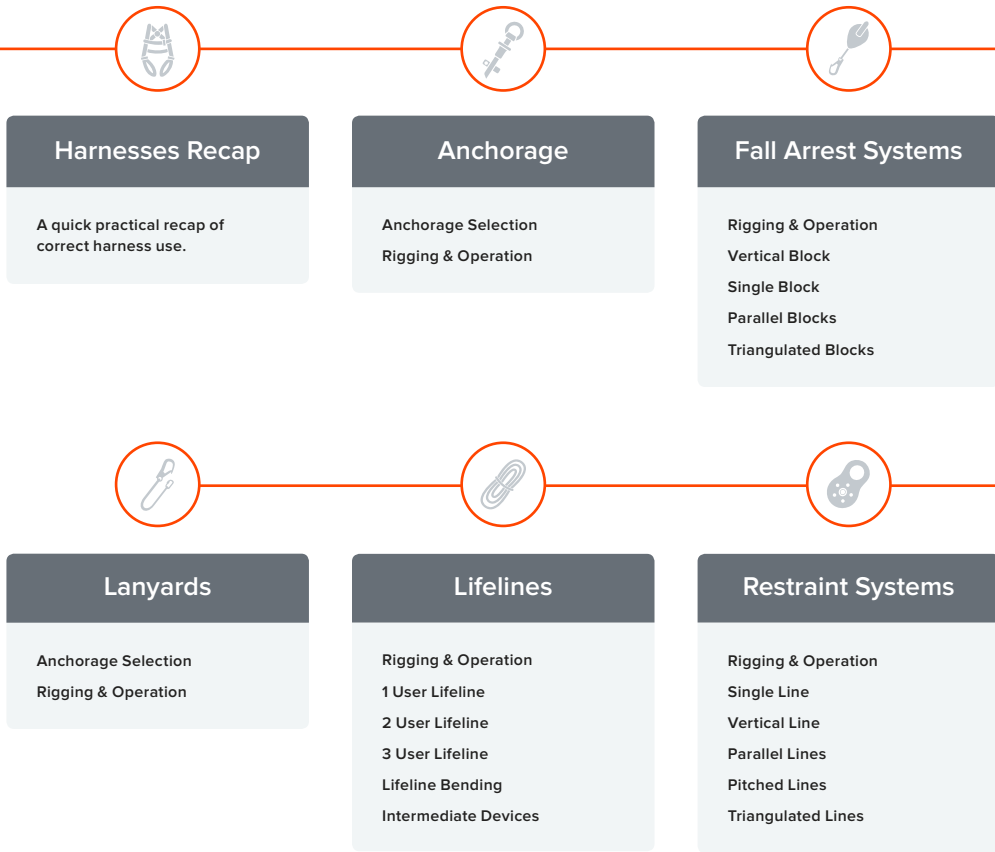
Dropped Objects

- Statistics
- Legal Duties
- Tool Tethering Solutions
- Effects of Dropped Objects

Multi-Choice Examination



Practical (1½ Hours)



Your Passport to **competence.**

Working at height is more than just wearing a harness. It's about fully understanding the risks, anchorage selection, equipment mechanics, usage and best practices. This course gives you the all the knowledge, awareness and practical skills that empower you to work safely at height.



Skyrocket your height safety knowledge.

The course begins by establishing a general awareness of the dangers of working at height and takes you on a journey through the methods, practices and equipment that together form your height access solution. We'll discuss what restraint, fall-arrest and work positioning mean and get you fully trained in the use of height safety harnesses, adjustable restraint and intermediate devices such as inertia reels, lanyards, lifelines, connectors and anchorage. You'll then explore the fatal effects of suspension intolerance, take a brief look at rescue, discover how to perform pre-use equipment inspections and test-drive the latest tethering solutions for preventing dropped tools.

Use the right gear. The right way.

There are lots of ways to work at height. Understanding what equipment to use for different applications based on your access, scope of work and exposure is essential for your safety. You'll master how to select and use the right equipment for any job you do at height.



Test your skills. In a live scenario.

The course concludes with a group practical session that tests your new 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 at height, all under the watchful eye of your instructors.



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

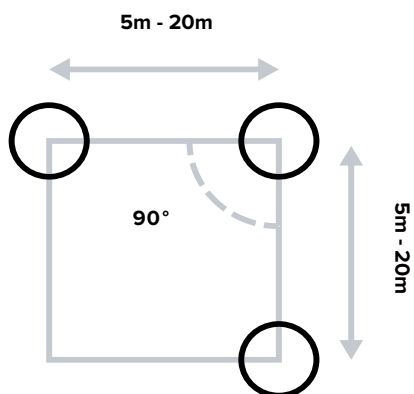
Cancellation/amendments must be notified in writing:

- » 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.