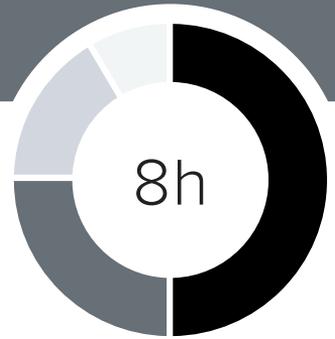


# LEVEL 2 MANAGERS

## Working At Height Course



### Course Overview

Over an intensive 8 hours of theory focused tuition with visual presentations, group exercises, demonstrations and workshops, you'll gain extensive knowledge of the legislation, responsibilities, procedures, best practices and compliance that enable you to govern jobs efficiency and keep your employees safe from the dangers of falling.

- 5h  Theory
- 1½h  Practical
- 1h  Break
- ½h  Exam

### Key Topics

Height Regs

British Standard

Hierarchy of Control

Harness Training

Intermediate Devices

Manager Controls

Dropped Objects

Risk Assessment

Method Statements

Kit Care & Weekly Inspection

Rescue

### Who is it for?

This courses is for managers and supervisors of operatives who issue 'permit to work' for work at height activities. It may also be useful for someone seeking to further their careers in the field.



**All Kit Provided**



**Recognised Certs & ID's**



**Valid for 3 Years**



OPEN ENROLMENT		1-5 PERSONS		6-10 PERSONS	
In House	£215pp	In House	£1060	In House	✗
On Site	✗	On Site	£1410	On Site	£1880



About

TRADES

THEORY

PRACTICAL



Courses

BASIC AWARENESS

OPERATIVES

SUPERVISORS

MANAGERS

LADDERS

INSPECTION

TETHERING

 **Theory Part 1 ( 3 Hours )**



**Foundations**

Course Objectives

Why we need height safety

Work at Height Statistics

Effects of Falling

Manager Controls



**Legislation**

WAH Regulations

HSE Guidance

Codes Of Practice

British Standard



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

Fall Arrest Systems

Work Positioning

Restraint Systems



**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

Manager Observations

**Don a Harness**



**Hierarchy of Control Measures**

Process

Stages of Control

Examples of Measures



**Understanding Anchorage**

Temporary Anchorage

Permenant Anchorage

Requirements of Use

Selection & Identification



**Height Rescue 101**

Suspension Intolerance

Definition & Effects

**Venous Pooling**

- Orthostatic Intolerance
- Pre-Syncope
- Syncope

**Reflow Syndrome- Preload**

- Vascular Shock

# Theory Part 2 ( 2 Hours )



Hand icon Practical ( 1½ 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 Line





## Be an effective manager of work at height.

Managing work at height requires an advanced skill set covering a wide range of legal and moral responsibilities. To achieve this we enable you to identify potential hazards, complete effective risk assessments and method statements, get you fully up to date with the latest equipment and work methods and teach you all the skills you need to be manage work successfully.

## Choose the right kit for your operatives.

A big part of being a manager means ensuring your team has the right equipment for their tasks. We'll explore the function and use of various types of height safety equipment at an advanced level, giving you full proficiency in the selection and utilisation of harnesses, intermediate devices and anchorage that together form your employees height access solutions.



## Make provisions for a height rescue.

Discover the effects of falling on the human body and get all the information and tools you need to begin making necessary height rescue provisions for work at height. You'll be able to select and place appropriate recovery systems for any work at height and fulfil your risk assessment requirements — an essential skill for any managerial role.





## Control and maintain your companies PPE.

Learn how to store and maintain your equipment and discover how to perform weekly kit inspections on a full range of PPE. We also reveal strategies that safeguard against the repercussion of dropped objects using cutting-edge tethering systems.

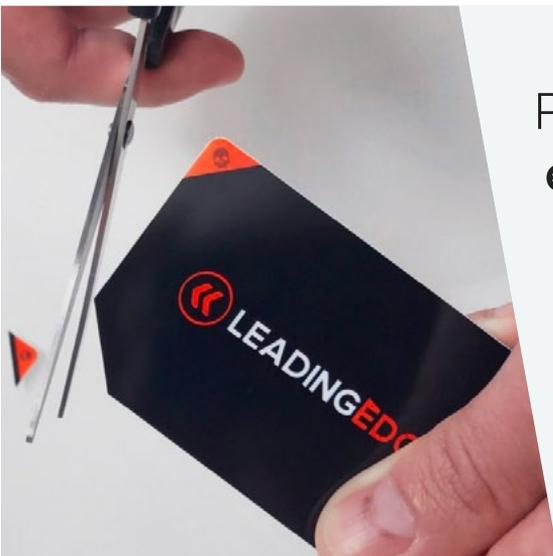
## Manage work at height activities.

In a final group exercise you'll demonstrate your competency as a manager by risk assessing and selecting appropriate work methods and equipment for several mock work at height scenarios. **As a qualified WAH appointed person you can issue 'permit to work' (PTW) for all working at height activities.**



## Police your employee licences.

The Leading Edge license card management system gives you the power to take disciplinary action by removing the corners of a license if the card holder commits an act of misconduct. A Leading Edge card with all 4 corners removed is considered invalid and requires the operative to be retrained before continuing work.





# 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

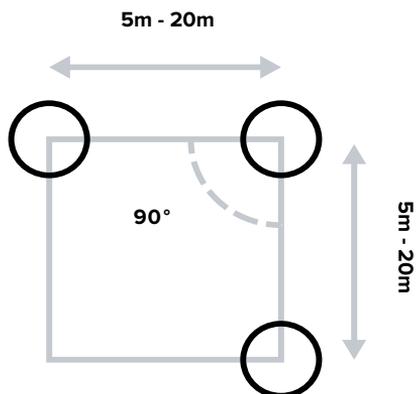
Cancellation/amendments must be notified in writing:

- » 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.*