



// LEVEL 2

# MANAGERS

## WORK AT HEIGHT COURSE



5 HR	●	THEORY
1½ HR	●	PRACTICAL
1 HR	●	BREAKS
½ HR	●	EXAM



## OVERVIEW

The Level 2 Work At Height Course for Managers is the all-in-one solution for anyone involved in the planning and management of tasks that require operatives to work at height. 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.



**ALL KIT PROVIDED**



**2x INSTRUCTORS**



## COURSE CONTENT

Level 2 for management equips you with the knowledge to organise and manage work at height to satisfy your companies legal and moral obligations and duties. We'll discuss current height safety issues and explore the function of various types of height safety equipment, giving you proficiency in the selection and utilization of harnesses, intermediate devices and anchorage for your operatives height access solution. You'll also discover the effects of falling on the human body and touch upon provisions necessary for the execution of a swift height rescue. We'll then discuss the storage

and maintenance of equipment and walk you through the process of formal kit inspection on a full range of PPE, while revealing strategies to safeguard against the repercussion of dropped objects using tethers. By the end of the course you'll be able to determine appropriate equipment and work methods for work at height tasks,

**“LEARN HOW TO MANAGE WORK AT HEIGHT AND FULLFILL YOUR LEGAL AND MORAL RESPONSIBILITIES.”**

identify hazards and demonstrate the competency to complete effective risk assessments and method statements that guide the way your work at height tasks will be completed.

- ✔ DEMYSTIFY LEGISLATION
- ✔ PLAN FOR WORK AT HEIGHT
- ✔ CONDUCT RISK ASSESSMENTS

- ✔ LEARN MANAGER CONTROLS
- ✔ WRITE METHOD STATEMENTS
- ✔ PLAN WORK AT HEIGHT

# THEORY MODULES (PART ONE)

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 &amp; Practices

- Fall Arrest Systems
- Work Positioning
- Restraint Systems

## UNDERSTANDING ANCHORAGE

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

## INTERMEDIATE DEVICES:

Mechanics, Usage &amp; Best Practise

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

## HIERARCHY OF CONTROL MEASURES

- Process
- Stages Of Control
- Examples Of Measures

## HEIGHT RESCUE 101

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

## HARNESS TRAINING

- Harness Types
  - 1-Point
  - 2-Point
  - 3-Point
- Effects Of Falling
- Limitations

- 
- Manager Observations

## DONNING A HARNESS

# PRACTICAL SYLLABUS

1½ HOURS



Phase 1  
HARNESSES



Phase 2  
ANCHORAGE



Phase 3  
ARREST BLOCKS



Phase 4  
RESTRAINT



Phase 5  
LIFELINES



Phase 6  
LANYARDS



## THEORY MODULES (PART TWO)

2 HOURS



### KIT CARE

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



### FORMAL KIT INSPECTION

- Equipment Checks
  - Harnesses
  - Lanyards
  - Slings
  - Rope Systems
  - Connectors & Anchorage
  - Blocks
- First Use Logs
- Inspection Record

### INSPECTION CHALLENGE



### DROPPED OBJECTS

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



### RISK ASSESSMENTS

- Hazard Identification
- Risk Evaluation
- Recording Findings

### MULTI-CHOICE EXAMINATION



### PLANNING WORK ACTIVITY

### GROUP EXERCISE



### METHOD STATEMENTS

- Explanation & Examples
- Communicating Risks
- Creating Documentation