

Height Safety. Made Simple.



SLUTENTS

« ABOUT US

HEIGHT SAFETY

1
1
2
3
4
5
6
6
7
7
8

	88
ABOUT	91
COURSES	103

DROP PREVENTION

TRAINING	110
ABOUT	112
COURSE	

TRAINING BOOKING FORM	120
NOTES	121

4

ABOUT US

Our Story

Gravity never sleeps. So neither do we.

The history of work at height is a testament to the people who put their lives on the line every day. Unsafe methods, carelessness, poor equipment... It's no surprise accidents involving height were (and still are) the biggest cause of death in the workplace. Determined to make a difference we set off on a mission to save lives and change the face of an industry.

Fast forward over a decade and we're still working tirelessly in the fight against gravity. We've come a long way since the early days and gained an incredible team of experts in work at height, access solutions and product design who continue to innovate and deliver hand-crafted, high-end height safety equipment and training courses to individuals and international giants alike, all from our headquarters in Hertfordshire. Now part of the Enfield Safety family, Leading Edge is more than a company. It's an ethos. A symbol of integrity, ingenuity and excellence. That's why thousands of people all over the world choose us for their height safety training and equipment every year.

Come and be part of the journey.

























Helping you reach **Net Zero**

Thanks to our Carbon Neutral Plus accreditation and sustainability commitment, our products and training are aligned with international best practices and standards, supporting your CSR programme and helping you in your journey to Carbon Neutral.

Our Accreditations

High standards that benefit you.

We hold ourselves accountable through external third party audited accreditations covering our product and services. In all that we do we strive for continuous improvement in every area of our organisation to make tomorrow a better day for all our customers.

















OUR EDGE

Experts in both Training & Equipment

Being a training provider and safety product manufacturer helps us to understand the relationship between workers, work methods, equipment suitability and performance in ways other companies can't. Whatever height access challenge you face, we draw from a wide range of technical expertise to help you find the very best access solutions.

Our Clients

Some of the companies we've been privileged to supply





Working At Height Training

Everything you need to work safely at height.

Whether operative or management, Leading Edge gives your entire team the skills and competence to complete your jobs at height. On time. On budget... and with unprecedented safety.

Height Rescue

10





O1 ABOUT TRAINING

Bespoke access solutions.

We don't just deliver a course. We work together to find the right work methods and equipment to take your team safely to the edge — based entirely on your personal needs and access requirements. About

Courses

BASIC AWARENESS

OPERATIVES

13





Sit a course at our offices in Hertfordshire or book us on-site and we'll come to you with all the necessary equipment to deliver training. From Lands End to John O'Groats we can get you trained, wherever you are!

All kit provided.

We bring our own projector, screen, laptop, props and bags full of equipment to deliver lessons. We just need somewhere to teach. So if you're booking a course on your site the only thing we need is a training room and practise location that can hold the appropriate number of people.



INSPECTION

About

Courses

OPERATIVES

SUPERVISORS



Thousands trained. Countless accidents prevented.

TOTAL TRAINED SO FAR



CARRYING VALID LICENCES

(18,000+



The UK's No. 1 Working at Height Licence.

Thousands of people choose Leading Edge training every year. And it's not just because all relevant government bodies and industry recognise our courses. But it helps to know you'll be awarded with licence IDs and certificates you can rely on to prove your competence.



About

Courses

OPERATIVES

SUPERVISORS





Take the Test. Prove your knowledge.

After your training you need to prove your competency. To do that you'll sit a detailed multiple-choice exam that shows us you've absorbed everything you've been taught. The test papers are taken back to HQ and independently marked by a third party — and that's how we guarantee your certification meets the necessary legal requirements.



Practical Assessment

The best time to make mistakes is when your instructor is there to identify and correct them. That's why we have the safety net of a practical assessment after your theory exam. Your instructor will observe you setting up and using your equipment and show you where you're going wrong. So, once we leave you'll have no doubts about your ability to use height access systems safely.



Height Rescue



Drop Prevention

About

MANAGERS

"I thought I knew all about working at height but I have learnt a lot more today."

// SKANSKA

TKINS







O2 TRADE SPHERES

Your course. Tailored to your trade.

Work at height principles apply to everyone. But we all work in different ways so Leading Edge courses are flexible. Choose a Trade Sphere when you book your Working At Height course and we'll customise it with information, imagery, equipment and exercises that relate directly to your specific trade or application.

23

About

TRADES

Courses

BASIC AWARENESS

OPERATIVES

SUPERVISORS

MANAGERS

LADDERS

INSPECTION





General Access

Gain a height access solution for any general industry that requires protection from edge exposure in the workplace. This includes, but is not limited to, theatre, marine, public building access, industrial units, manufacturing and infrastructure services etc. The course typically provides a wide skill-set to work in many situations, however if you have a specific general industry trade not covered by our spheres, have a word with our instructors. We'll help you find a bespoke solution and customise the course to suit your personal needs.





Leading Edge Work

Leading Edge Work is a generalist sphere suited to construction workers exposed to a variety of edges, or those with multiple job roles requiring a broad knowledge of height safety principles and practices. While we aim to cover an assortment of working at height techniques to access multiple edges across horizontal and vertical planes, the course is also highly adaptable. So if you have a construction trade not covered by other spheres pick this one and our instructors will tailor the course around your specific height access requirements.



Factory / Warehouse

Whether you're operating roof machinery and cranes, traversing gantries and walkways or climbing racking, working at height in factories and warehouses exposes you to a wide range of fall hazards. To cover your bases we'll give you the broad skill set to solve the variety of height access challenges you face on a daily basis. By the end of the course you'll be confident in your ability to set up and operate appropriate equipment for the prevention of slips, trips, falls and pendulum in the factory and warehouse environment while climbing.



About

TRADES

Courses

OPERATIVES

SUPERVISORS

MANAGERS

LADDERS

INSPECTION



Plant / Machinery

Learn how to access and traverse a spectrum of machines and plants including cranes, diggers, excavators and dozers. As a plant and machinery operator, working close to the ground poses specific challenges, as many work at height protection systems require a minimum fall distance to engage. To solve this you'll learn how to utilise two systems in unison; a primary fall restraint system backed up with a secondary pendulum prevention system. The combination maintains mobility while ensuring ultimate fall safety when working on plant and machinery at any height.



25





Rooftop / Mansafe

Get the skills to work on all types of flat and pitched roofs. Whether they are glass atrium's, new builds, asphalt, membrane, concrete, profiled metal or tiled, you'll learn how to use existing roof systems, select anchorage locations and adopt temporary measures when permanent ones are unavailable. You'll also discover restraint and adjustable restraint systems to gain safe access to one or multiple edges and learn a variety of more advanced techniques such as the use of lifelines and Mansafe Systems for increased mobility and intermediate attachments for multi-user support on roof edges.





Petrochemical / Refinery

Petrochemical and refinery work means accessing complex structures such as chimney stacks, pipe racks, steel frames, vessels, tanks, walkways, gantries and fixed ladders. You'll learn how to assess your level of edge exposure, identify and select appropriate anchorage points and employ fall protection systems to gain access to these structures, utilising both front and rear connections on two-point harnesses for maximum mobility across horizontal and vertical planes. Everything you need to conduct work at height in the petrochemical/refinery industry.

Ladder Work

Working with industrial ladders creates two distinct hazards: users falling from ladders and ladders slipping away from underneath users themselves. Thankfully the technology and work methods exist to stop this happening. You'll learn how to gain safe short duration access using industrial ladders, adjustable restraint systems and stabilisers to prevent slips, moving or falling. Finally you'll explore positioning aids for hands free work in fixed and variable locations along the side of a building for total ladder safety.



About

TRADES

Courses

OPERATIVES

SUPERVISORS

MANAGERS

LADDERS

INSPECTION

Scaffolding

As a scaffolder it's not enough to throw on a harness and hope for the best. It needs to be worn correctly in conjunction with the right fall protection systems. The problem is it's easy to use the wrong lanyards — you feel safe but if you're working below the minimum required fall distance, you'll hit the floor before protection engages. To keep you safe you'll discover how to use fall arrest and fall restraint systems relative to your working height, and learn how to use adjustable lanyards correctly in twin configuration for 100% tie-off whilst manoeuvring on a scaffold.







Facade / Envelope

As a facade worker you need access to large leading edges for the installation of cladding and glazing. To do this you'll learn how to select and use suitable anchorage locations and devices, and cleverly employ multiple adjustable restraint systems to give you localised or total perimeter edge access. We'll also show you how to safely access hard-to-reach corners and support multiple operatives across a wide working area by adopting specialised practices like lifeline bending and intermediate attachments.



Concrete Frame

Concrete structures pose two particular height safety challenges: multiple open edges around progressively expanding decking, and infill exposure between table forms. The good news is there are several access solutions available to you. Whether working with Alsipercha, lifelines or inertia reels, we'll show you how to safely utilise rebar for anchorage points and employ any of these three protection systems to access and complete your concrete frame work safely, efficiently and confidently.



Demolition

Work at height in demolition is highly unpredictable. Structural integrity is uncertain and strip-outs expose you to fall hazards from removed walls, floors and partial deconstruction. To gain safe access in challenging and constantly changing environments you'll learn how to scan your work area for safe anchor points, make use of bracing, doorways and windows, and adopt temporary height access solutions such as Man Anchors when a fixed structure is unfit to use. Think on your feet, adapt and prevent the risk of accidents at height on a demolition site.





Precast

Precast puts you at permanent risk of a fall from straddling gaps and working with progressively extending leading edges while installing planks and floor panels. To stay safe we'll show you how to identify and set-up suitable anchorage and give you the equipment and methods you need to work around intricate edges as the build takes place. We'll also explore more advanced techniques required to access precast elements such as stairwells to give you a complete skill set required for the precast industry.



About

TRADES

Courses

OPERATIVES

SUPERVISORS

MANAGERS

29



Height Rescue

"We're amazed how much we learnt. We're already booking management courses."

// BALFOUR BEATTY

TKINS

ional**grid**



Height Rescue

03 THEORY MODULES

The easiest way to learn the hard stuff.

Theory is the first step on the road to competency in height safety. There's a lot to learn: legislation, control measures, equipment performance and work methods the list goes on. Sound daunting? We understand. That's why we've broken down everything you need to know into digestible modules. They're easier to absorb, so if certain topics concern you more than others we can adapt to keep information relevant and be as deep or as brief as you need. About

THEORY

Courses

BASIC AWARENESS

OPERATIVES

SUPERVISORS

MANAGERS

LADDERS



Foundations

Foundations lay the groundwork for your training. We'll discuss course objectives and prime you with essential background knowledge on the subject of height safety, covering the basics of why we need it, the devastating effects falls have on individuals, families and businesses and your general legal responsibilities and duties. By exploring historical references, statistics and legislation we'll paint — in real terms — a picture of where we are today, how far we've come and how far we still have to go to make the workplace a safe place.



Legislation

As a manager or employer you have strict legal responsibility to keep your workforce safe at height. But while the WAH Regulations and British Standard exist for everyone's benefit, extensive jargon-filled documents are daunting and difficult for non-legal professionals to understand. Thankfully we do all the heavy lifting to pull out the clauses that are relevant to you and explain them one-by-one in layman's terms, helping you understand how to comply with the law and prevent unknowingly exposing yourselves and your team to the possibility of future legal repercussions.



DEP (Definitions, Equipment & Practices)

To have a meaningful discussion about height safety we need a clear picture of the terminology and work methods fundamental to all work at height. They fall into three distinct categories: Fall Arrest, Work Positioning and Fall Restraint. In DEP we break down and deliver detailed definitions of all three methods, demystifying what they mean, how they function, the equipment that comprise them and the various ways in which they can be utilised in a height access solution.



Hierarchy of Control

Before work at height can begin each task must be assessed for risk and appropriate safety measures should be placed where needed. To do this we'll utilize the Hierarchy of Control measures, which outlines a step-by-step procedure to guide your height access provisions. We'll start at the top with the safest possible procedure (avoiding the need to work at height altogether) and move down the hierarchy with progressively hazardous scenarios, giving you the knowledge to conduct your own future assessments.



About

THEORY



Harness Training

Throw it over your shoulders, clip it together, fasten the leg straps and you're good to go, right? Be under no illusions, a damaged or incorrectly worn harness can lead to death, or if you're truly unlucky, extreme testicular trauma and rectal damage! To prevent such a nauseating fate we'll take you back to basics, familiarise you with different types of height safety harnesses and their various purposes, teach you how to perform pre-use inspections and then get down to the nuts and bolts of how to don and adjust. At the end of the module each of you will be provided with your own harness to practise with, which will then be assessed by the instructor to make sure the whole team is competent and confident before moving on.



Intermediate Devices

Once you have an understanding of fall arrest and restraint methods we take a deeper look at intermediate devices, which work together between your anchor point and harness to form a height safety system. These include inertia reels, lanyards, lifelines, connectors and anchorage. We walk you through each device, demonstrating how they function, how you use them, what their limitations and performance capabilities are, and the practices and work methods that enable you to use them correctly in applications.






Understanding Anchorage

Anchorage is the first and arguably the most important link in the height safety chain. The challenge is knowing what constitutes a safe anchorage point and how to select the right anchorage device to connect out of a myriad of different options and configurations. To help you understand, we'll start by exploring permanent anchor points comprising of fixed structures in your environment and move on to temporary solutions. Finally, we'll talk in depth about available anchorage devices and analyse their specific uses, configurations, ratings and certification to give you the theoretical knowledge to identify and set up suitable anchorage for your height safety system.



Height Rescue 101

While we should do all we can to prevent falls, using arrest and adjustable restraint systems mean the risk of a fall still exists. We need to be prepared to conduct a swift height rescue should one occur. In height rescue 101 we'll examine the physical effects of suspension intolerance and Reflow Syndrome on the human body and demystify the law, revealing exactly what you are required to plan and make provisions for. We'll then introduce you to the 3 main methods of height rescue—lowering, raising and combined—to gain an overview of how they operate, their requirements of use and their pros and cons for the recovery of conscious and unconscious fall casualties.

About

THEORY

Courses

37



Working at height puts your life in the hands of your equipment, so it's in your interest to make sure your kit is fit for use. To ensure safety we'll teach you the importance of frequent kit inspection and outline the basic principles of product and service life. We'll then explore both the causes and visual indicators of degradation on a variety of different products, helping you keep your kit in good condition by handling, storing and transporting it appropriately and identifying damage when conducting daily pre-use inspections.



Formal Kit Inspection

Formal equipment inspection is a requirement that must be conducted by a competent person on a 6-monthly basis. To understand your legal responsibilities we'll introduce you to the inspections process for a full range of PPE and demonstrate how to record the relevant paperwork. At the end of the module is a practical exercise in which groups complete a harness inspection test, giving them the confidence to conduct daily pre-use checks.



Dropped Objects

Dropped objects are a serious risk, and not just to people, to anything below a work area where hand-held equipment can fall. In dropped objects we have a frank discussion about the problems associated with untethered tools, cover some mind-blowing physics about the impact force even the tiniest objects can generate, and lay down the law regarding individual and company liability resulting from injury. Finally we explore some tool tethering solutions available to you today so you can secure your tools at height.

Height Rescue



Drop Prevention

Risk Assessment

For many the thought of conducting a risk assessment seems laborious and over-demanding, but it needn't be difficult and if done properly will make all the difference. A good risk assessment protects employees and employers. To get you started we dive right in and show you how to easily identify hazards, consider who might be harmed, evaluate risks, record and implement your findings into a pain-free risk assessment.



Method Statements

Those responsible for planning work at height are legally required to provide a method statement, a document explaining the way tasks should be completed. It outlines in detail the hazards involved and provides a guide on how to complete the job safely. With examples, we'll walk you through the process of creating a strong, simple and effective method statement that communicates risks and necessary precautions to all those involved in work at height, whilst avoiding the pitfall of ambiguities or generalisations that could lead to confusion.



Planning Work Activity

You've sat through all the modules, now it's time to put it all together! Using the knowledge gained throughout the course we give you several mock scenarios and challenge you, in teams, to conduct visual risk assessments, decide upon suitable anchorage locations and select equipment for work at height. In an informal discussion each group will then explain and debate their decision making process to demonstrate their ability to plan for a variety of work activities.



About

TRADES

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PRACTICAL



"Leading Edge deliver training in a vibrant way. The content is enlightening."

// SIR ROBERT MCALPINE





() 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 the weight of a person.

04 PRACTICAL SYLLABUS

Out of the classroom. Into a harness.

It's not enough to know theory. You have to do it in the real world. That's where Leading Edge courses really shine. There are many ways to work, so after exploring your access solutions we'll get hands-on in a live scenario where you'll physically practise setting up and using your equipment. About

PRACTICAL

Courses

BASIC AWARENESS

OPERATIVES

SUPERVISORS

MANAGERS

LADDERS





Harness Training

The theory is complete. It's time to put our harnesses on and get outside for the practical session. But before we do we will conduct a quick recap of the information learned in the harness training theory module to double-check everyone has remembered how to correctly fit and adjust their harness before going any further.



Anchorage

Anchorage forms the foundation of any working at height solution, so mistakes made here make all subsequent safety efforts worthless. But how do we know which device to use and where to place it relative to our work area and the leading edge? What wrapping method should we employ and how do different configurations affect load capacity? These are some of the questions we'll answer, so by the end of Phase 2 you'll know how to select and operate anchorage devices suitable to your work area.



About

PRACTICAL

Courses

OPERATIVES

SUPERVISORS



Fall Arrest Blocks

Fall arrest blocks give you increased mobility straight out of the box. The trade-off is they allow you to enter into a fall. However, if you do go over an edge the fall arrest block quickly engages its brakes to halt the motion and (hence the title) arrest the fall. Because this work method permits falling it requires particular caution when checking, placing and anchoring to prevent misuse and avoid pendulum whilst being aware of minimum height restrictions. We'll demystify strict rules and practices so you can gain the benefit of fall arrest blocks in various situations depending on your activities and level of exposure.

- 3 Parallel Blocks One Open Edge / Wide Work Area
- 4 Triangulated Blocks Two Open Edges / Wide Work Areas



2 Vertical Block One Open Edge / 1m Work Area

49

SUPERVISORS



Restraint Systems

Higher up in the height safety hierarchy is restraint. This method offers the same level of access as fall arrest blocks but is considered a safer and more desirable style of work because the rope 'restrains' your proximity to an edge. Restraint Systems are extremely versatile, allowing for both front and rear connection in several configurations across horizontal, vertical and pitched planes.

- 1 Single Line One Open Edge / 2m Work Area
- 2 Vertical Line One Open Edge / 1m Work Area
- 3 Parallel Lines One Open Edge / Wide Work Area
- 4 Triangulated Lines Two Open Edges / Wide Work Areas
- 5 Single Pitched Line One Open Edge / 2m Work Area
- 6 Parallel Pitched lines Three Open Edge / Wide Work Areas



PRACTICAL

About

51



Height Rescue



Lifelines

In this section we'll combine the best of both worlds by introducing lifelines. Lifelines prevent pendulum and provide greater access when working over large areas as the added use of a pulley allows you to safely traverse the edge along which the lifeline is set. You'll learn how to deploy, position and tension a lifeline, operate it using front and rear attachment across horizontal planes, and explore more advanced techniques such as lifeline bending for multiple edge access and intermediate attachments to support multiple simultaneous users.

- 1 Lifeline + 1 User One Open Edge / Up To 20m Single Span
- 2 Bent Lifeline + 1 User Two Open Edge / Up To 2x 10m Spans
- 3 Lifeline + 3 Users One Open Edge / Up to 10m Single Span
- 4 Lifeline & Intermediate + 3 Users One Open Edge / Up to 2x 10m Spans



PRACTICAL

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About

53



PHASE 6 Lanyards

> Lanyards are the most extensively used piece of equipment in the height safety arsenal. It's no surprise given their versatility. You will discover all the different kinds of lanyard to achieve a range of access from simple fixed locations to climbing and traversing of complex structures. This is your chance to reaffirm lessons learnt during theory modules and practise connecting to harnesses and anchorage while gaining the invaluable ability to select the right lanyards for your applications. We'll continuously verify your competency along the way!

PRACTICAL THEORY TRADES About

тетнерімс

- 1 Variable Length Lanyard Adjust and set proximity to an edge
- 2 Fixed Length Lanyard Restrict edge access to a fixed distance
- **3 Adjustable Length Lanyard** Continuously adjust proximity to an edge
- 4 **Twin Lanyard** Continuous 100% tie-off while climbing
- 5 Shock Absorbing Lanyard Safely reduce the impact of a fall



Height Rescue

Drop Prevention



"All trained operatives were able to work with confidence and competence."

// PHILLIPS 66

TKINS



All courses follow acts, regulations, codes of practice & guidance from:

Work at Height Regulations 2005 SI 2005/735 as amended by the Work At Height Regulations 2007 SI 2007/114

BS 8437:2005+A1:2012

Code of practice for selection, use and maintenance of personal fall protection systems and equipment for use in the work place

BS 8454:2006

Code of practice for the delivery of training and education for work at height and rescue

INDG401

Health and Safety Executive (HSE) Working at height guidance (rev2.) Published 01/14

COURSES

Your ticket to safety.

It's the powerful combination of both theory modules and practical exercises, tailored to your trade and delivered by directly employed expert instructors that distinguishes Leading Edge. We present a simple yet truly comprehensive height safety solution with engaging courses catering for all levels of your company, from operatives up to management.

59

Courses

OPERATIVE

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.

Harness Training



Safe Work Methods

Hazard Awareness

Key Topics

Who is it for?

This course 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.



Anchorage

Open Enrolment	1-10 Persons
LTBA-1	LTBA-10

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61























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 practise using fall arrest, restraint and lifeline systems in a variety of configurations required for your job. About

LEVEL 1 OPERATIVES Working At Height Course

Course Overview

Master the equipment, methods and practices that keep you safe at height when working at the 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.



Key Topics

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

Who is it for?

This course 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.



Open Enrolment	1-5 Persons	6-10 Persons
LTL1-1	LTL1-5	LTL1-10

Height Rescue 🕂



















About



Theory (3 Hours) **Foundations** D.E.P **Hierarchy of Control** Definitions, Equipment & Practices **Course Objectives** Fall Arrest Systems Why we need height safety Process Work Positioning Work at height statistics Stages of Control **Restraint Systems** Effects of falling **Examples of Measures** Understanding **Intermediate Devices** Mechanics, Usage & Best Practice Anchorage Height Rescue 🕂 Harness Types Inertia Reels Effects of Falling Temporary Anchorage Shock Absorbing Lanyards Limitations Permanent Anchorage **Restraint Systems** Requirements of Use Lifelines Selection & Identification Connectors Anchorage Devices **Application Suitability** Height Rescue 101 **Kit Care Suspension Intolerance** Inspection Frequency **Definition & Effects** Product & Service Life Venous Pooling

- Orthostatic Intolerance - Pre-Syncope
 - Syncope
 - **Reflow Syndrome**
 - Preload
 - Vascular Shock

Pre-Use Inspection Conformity

Dropped Objects

Measures

Harness Training

Don a Harness

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

Multiple Choice Examination





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. About

PRACTICAL

Courses

OPERATIVES





Sky-rocket 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 practise 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.



About

Courses

OPERATIVES

LEVEL 2 MANAGERS Working At Height Course

Over an intensive 8 hours of theory focused tuition with visual

presentations, group exercises, demonstrations and workshops, you'll



best practices and compliance that enable you to govern jobs efficiently and keep your employees safe from the dangers of falling.

Course Overview





This course 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 career in the field.



Open Enrolment	1-5 Persons	6-10 Persons
LTL2-1	LTL2-5	LTL2-10

Height Rescue



















About

Theory Part 1 (3 Hours) Legislation **Foundations** D.E.P Definitions, Equipment & Practices **Course Objectives** WAH Regulations Fall Arrest Systems Why we need height safety **HSE** Guidance Work Positioning Work at Height Statistics **Codes Of Practice Restraint Systems** Effects of Falling **British Standard** Manager Controls **Hierarchy of Control Harness Training Intermediate Devices** Mechanics, Usage & Best Practice Measures Harness Types Inertia Reels Process Effects of Falling Shock Absorbing Lanyards Stages of Control Limitations **Restraint Systems** Examples of Measures Manager Observations Lifelines Connectors Don a Harness Anchorage Devices **Application Suitability**

Height Rescue

Understanding Anchorage

Temporary Anchorage Permanent Anchorage Requirements of Use Selection & Identification

Equipment Selection

Height Rescue 101

Suspension Intolerance

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




About

Theory Part 2 (2 Hours) Weekly Kit Inspection Kit Care **Dropped Objects** Statistics Inspection Frequency **Equipment Checks** Legal Duties Product & Service Life - Harnesses **Tool Tethering Solutions Pre-Use Inspection** - Lanyards Effects of Dropped Objects Conformity - Slings **Manager Controls** - Rope Systems - Connectors & Anchorage - Blocks First Use Logs Inspection Record **Inspection Challenge Planning Work Method Statements Risk Assessments** Activity **Explanations & Examples** Hazard Identification

Group Exercise

Explanations & Examples Communicating Risks Creating Documents

> Multiple Choice Examination

Risk Evaluation

Recording Findings

Height Rescue



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 manage your 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 employee's height access solutions.





Make provisions for **a height rescue.**

Discover the effects of falling on the human body and get all the guidance information and product knowledge 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.

75



Control and maintain your company's 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 not controlling equipment in-line with requirements.

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 licence card management system gives you the power to take disciplinary action by removing the corners of a licence 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.





MANAGERS

Courses

LADDER HEIGHT SAFETY Competent Person Course

Course Overview

With health and safety on the rise in the workplace, ladder use has declined in favour of 'safer' alternatives. The trade-off is these alternatives are often costly, time consuming and prohibitive. But by utilising height safety equipment and stabilising techniques you'll discover that ladders are a genuinely safe and incredibly convenient method of gaining short duration temporary access.

Key Topics					1h 1⁄2h	Break	
Legislation	Height	Access	Harness Train	ning	Dropped Objects	, 211	
Ladder Classif	fication	Accider	nt Prevention	Safe	e Work Methods		
Ladder Stabili	sing	Ladder Hei	ight Safety Equi	ipment	Ladder Inspec	ction Haz	zard Awareness

6h

Theory

Practical

3h

11/2h

Who is it for?

This course is aimed at any individual that uses a ladder to work at height. Every course is tailored to your unique working at height requirements.



Open Enrolment	1-10 Persons
LTLHS-1	LTLHS-10



















About







About

More than a ladder course. Learn real height safety.

Unlike your average ladder course Leading Edge provides a hybrid of essential working at height techniques (harnesses training, restraint systems, anchorage devices) and a solid theoretical and practical understanding of all aspects of ladder use including hazard awareness, legislation, kit inspection, positioning, stabilising and climbing to giving a complete solution for you to work safely with ladders.





Use the right gear. **The right way.**

Understanding what equipment to use for short duration ladder work based on your access, scope of work and exposure to risk is essential for safety with ladders. You'll master how to select and use the appropriate height safety equipment and ladder stabilising gear to create a safe temporary system of work.

Test your skills. In a real scenario.

The course concludes with a group practical session that tests your new skills in a live scenario where you'll set up your combined ladder and height safety equipment in a variety of configurations, under the watchful eye of a professional instructor.



To be safe when working at height is more than just climbing a ladder. It's about fully understanding the risks, PPE selection and mechanics, stabilisation, ladder usage and best practices. This course gives you all the knowledge, awareness and practical skills to create a short duration, temporary work access solution.





All equipment **provided.**

We provide our own projector, screen, laptop, props, ladders and bags full of equipment to deliver theory lessons. We just need somewhere to teach. So, if you're booking a course on your site, don't forget to arrange a training room that can hold the appropriate number of people.



83

PPE INSPECTORS Competent Person Course

Course Overview

Discover how to examine and detect mechanical or material faults in your equipment, allowing you to confidently re-certify or decommission any type of Working at Height PPE throughout service life. You'll also learn how to record and maintain your findings in a self-directed inspection log that saves you time, money and provides essential protection for both employees and employers.

The course follows best practices in line with British Standards BSEN365:2004, BS8437:2005 & A1:20012.

Key Topics

Legal Duties	Legisla	tion PPE Inspect		ion Protocols	
Fault/Hazard Det	tection	Rec	ord Keeping	Inspection	Skills

Who is it for?

This course is aimed at working at height supervisors, managers and safety advisors to ensure all working at height PPE is fit for purpose. Every course is tailored to your unique inspection requirements based on your specific equipment, environmental factors and usage.



Open Enrolment	1-5 Persons	6-10 Persons
LTPIC-1	LTPIC-5	LTPIC-10



















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Practical (2 Hours)



Practical Inspection Exam

Formally inspect a selection of 50+ PPE items and record your findings in an assessed inspection log

This is an individual practical assessment, where you will formally inspect a selection of 50+ PPE items and record your findings. To increase your product exposure this is followed by a group discussion on reasons for pass and failure of the many PPE items, so that you are competent to act as the appointed person for formal kit inspection within your company.

Record Keeping

Inspection Frequency Logging Results Inspection Check Lists



All equipment **provided.**

The nature of this course requires a huge amount of equipment to learn about and examine. We bring everything you need. So there's no need to worry about sourcing any PPE yourself.

SUPERVISO



Spot hazards. **Track findings.**

The theory phase equips you with essential knowledge of inspection legislation and the factors that effect product and service life. We then teach you everything you need to begin creating and maintaining formal 6-monthly equipment inspection logs.

Inspect 50+ real PPE items.

You won't just be learning how to assess a wide array of materials and components. You'll perform real inspections on a huge assortment of over 50 real PPE items in various conditions that we bring to your course. There's simply no better way to master the inspection process.





Your passport **to competence.**

After finishing this course you'll be able to formally control and maintain your company's PPE as a licenced appointed person. From here you can continue to competently perform formal kit inspections on a full range height safety equipment in-line with the British Standards and best practices. \bullet

Height Rescue

Height Rescue Training

A teammate falls. Within 5 minutes Suspension Intolerance could change their life forever.

With Leading Edge rescue training and equipment you'll feel safe knowing you can act quickly to recover a fall victim.





O1 ABOUT RESCUE

Act fast. Save Lives.

Fall protection systems may halt a fall but remaining suspended in a harness is more dangerous than you may realise. Here's what you need to know about height rescue after a fall incident. Height Rescue

Satisfy The Law

Protect My Team

Why do we need rescue training?

For those of us who work at height fall hazards are a necessary evil. It also means we have a duty — not just to ourselves, but to others. For employers it means making the correct provisions for the workforce. For operatives it means working safely and acting quickly in an emergency. But that's only half the story, our moral duties are enforced by our legal ones: the WAH Regulations 2005 and British Standard 8437.

Height rescue is here to protect your team and satisfy the law.

How do I fulfill my duties?

Fulfilling your legal and moral duties requires two things: training and equipment. For height rescue that means selecting appropriate recovery systems and giving workers the skills to operate them. But because training and equipment are intimately linked, we believe they should go hand in hand. So by manufacturing our own equipment and developing our courses around that equipment, Leading Edge offer the safest and simplest way to gain adequate rescue provision.







Height Rescue

What would happen if I fell?

20% face death within 10 minutes...

After a fall the body goes through several stages of physical distress. These are a group of conditions known as Suspension Intolerance and Reflow Syndrome. Their effects can be devastating. So much so, that **20% of all fall casualties are presumed dead within 10 minutes**. And for everyone else? **Within the hour**.

Can't we call 999?

There's no time...

We've learnt that fatalities can occur within 10 minutes of a fall. But the truth is it only takes 5 minutes for irreversible brain damage to occur. So while it's an testament to our emergency services that they're able to arrive within 8 minutes of being notified, for us that's already too late. By being prepared to act immediately you'll not only save a life, but halt a lifetime of difficulty and hardship for the casualty and their family.





RESCUE TRAINING

Live drills and exercises. **Under pressure.**

By conducting repeated self and assisted recoveries - in vertical and horizontal rigged positions with a variety of fall protection equipment - you'll gain total confidence recovering a fall casualty with your chosen rescue system(s). And to test your ability to act under pressure, we'll do a 5-minute rescue challenge to compete for the fastest, safest recovery.





About

All kit provided. We provide our own dedicated specialist rescue gear including rigging props,

recovery systems and rescue dummy to deliver theory and practical lessons. We just need somewhere to teach. So, if you're booking a course on your site, talk to us to discuss the best way to achieve your needs.

RESCUE TRAINING

Rescue Methods

The height rescue course provides dedicated training for three types of rescue system. Together they allow the safe recovery of a fall casualty in any situation using the raising, lowering or combined raising and lowering methods. But the course is far from generic. You choose which one you want—or all three—and your training focuses comprehensively on your chosen method/s, wasting no valuable time on things you'll never need.



(1) Raising & Lowering:

Winch System



Suitability

Our rescue systems are suitable for use with every type of lanyard, inertia reel and restraint system etc.





HAUL SYSTEM

Raising Method

When lower floors are obstructed, glazed or high-rise, the haul system allows an unconscious fall casualty to be raised back to the area from which they fell. Though highly effective, its pulling mechanism requires a minimum of five people to conduct a safe and speedy recovery.





Lowering Method

DESCENT SYSTEM

Execute the recovery of a conscious or unconscious fall casualty by lowering them safely to the ground or a lower floor. Requiring only one person to operate makes descent a quick and easy method of rescue, however it is only suitable for applications where there are no obstructions or restrictions beneath the floor from which the casualty fell, i.e. it's safe to lower!





Raising & Lowering

WINCH SYSTEM

The winch system combines the benefit of both haul and descent in one simple device to ensure maximum safety for all situations. The winch is not only easy to deploy but requires only one person to affect a speedy rescue by either lowering or raising the casualty to safety.





02 RESCUE COURSES

Master Winch, Haul & Descent Rescue.

Get certified to perform rapid height rescues using the latest equipment. Whether you need 1 method, or all 3, it's your choice! About



Still unsure what you need? Sit the Multi Method Rescue Course and discover how to implement the right system for your scope of work, level of access and personnel.

 \bullet

FULL DAY

Multi Method Rescue Course

Learn every rescue method during 8 hours of training with 1½ hours of theory and 6 hours of practical exercises — recommended for management.

HALF DAY

Single Method Rescue Course

Learn your choice of Winch, Descent or Haul system during 5 hours of training with 1 hour of theory and 3½ hours of practical exercises ideal for general operatives. About

Winch, Haul & Descent Height Rescue Course

Leading Edge height rescue training gives you the skills to execute instant recoveries using descent, haul or winch rescue systems. Together they enable recovery from any situation by raising or lowering a casualty to safety. Choose which method you need (or all three) and gain complete competence to rig, deploy and conduct the safe recovery of a fall victim in under 5 minutes.

Key Topics





SINGLE-METHOD

5h

1h

31/2h

½h

Theory

Practical

Break

Who is it for?

This course is for individuals working at height who are required to conduct a height rescue in the event of a fall or those involved in the creation of a rescue plan.





	Open Enrolment	1-5 Persons	6-10 Persons
Winch	LTWHR-1	LTWHR-5	LTWHR-10
Haul	LTHHR-1	LTHHR-5	LTHHR-10
Descent	LTDHR-1	LTDHR-5	LTDHR-10
Multi-Method	LTMMHR-1	LTMMHR-5	LTMMHR-10





















P



Learn the devastating effect of falling on the body.

It only takes five minutes for the onset of suspension intolerance to change a life forever. Venous pooling, orthostatic intolerance, vascular shock — learn how these devastating conditions affect a fall casualty. We'll study the science and look at some eye-opening statistics to reveal why a rescue plan is essential for protecting people who work at height.

Master your chosen height recovery system.

Explore 3 different recovery systems, discover their suitability and effectiveness for various recovery scenarios and get in depth practical training in the system/s of your choice. We'll also look a the process and frequency of equipment inspection as well as anchorage considerations you will commonly encounter in the field.





Live drills and exercises. **Under pressure.**

By conducting repeated self and assisted recoveries — in vertical and horizontal rigged positions with a variety of fall protection equipment — you'll gain total confidence recovering a fall casualty with your chosen rescue system/s. And to test you can act under pressure we'll do a 5-minute rescue challenge to compete for the fastest, safest recovery.

 \bullet






5 Minute Rescue Challenge

Test your competence in a live rescue experience.

About

Drop Prevention Training

Protecting tools and objects at height.

Sit the Leading Edge Tool Tethering course and master the process of identifying, selecting and applying the right solutions for dropped object prevention.



HSE's Riddor report shows dropped objects are one of the top three causes of fatalities in the UK workplace.

In Construction, around **500,000** workdays per year are lost due to injuries, costing the industry **£659** million.



IF YOU GAMBLE WITH SAFETY...

has an impact force equivalent to the weight of a washing machine*

A screwdriver dropped from height



Statistics show that around 30% of all dropped object incidents are related to design, technical or mechanical issues, but **almost half can be attributed to human factors.**

*49kg of Impact Force when dropped from a height over 3 storeys (10m).

DROP PREVENTION Competent Person Course

Course Overview

Master the process of selecting and applying cutting-edge drop prevention solutions for safe work at height. This course aims to inspire and motivate those who work at height — or who are responsible for those workers — to take action against the dangers of dropped objects, gain practical tethering skills and foster safety in the workplace using personal and collective measures.



41/2h

Key Topics

Static Dropped Objects		Dynamic Droppe	Tools At Height		
Drop Prevention	Preven	ntative Controls	Mitigating Controls		
Selecting Tethering Solutions		s Tether App	lication	Classifications	

Who is it for?

This course is aimed at individuals, supervisors and managers who work at height. Every course is tailored to your scope of work, tool requirements, frequency and risk of dropped objects.



Open Enrolment	1-10 Persons		
LTDP-1	LTDP-10		





















Theory (3 Hours) **Drop Prevention** Legislation Foundation **Mitigating Controls Course Objectives** WAH Regulations Why we need tethered tools **HSE** Guidance **Pre-Work Considerations Company Responsibilities Codes of Practice Dropped Object Statistics British Standards Handle Classification Tools At Height Product Testing Captive Holes** Usage Static Drop Testing **Captive Handles** Transportation Dynamic Drop Testing **Open-Ended Handles** Storage Moulded Grips **Rotating Tools** Shapes Tools **Multiple Choice** Waisted Tools Examination Insulated Tools **Tethering Tool Identification Tether Selection Debris & Materials** Suitability **Collective Protection Solutions** Practical (1 Hours) **Tethering Equipment: Tethering Roadmap Drop Prevention Configuration & Application** Learn how to use the Leading Practise selecting and fitting Edge Tethering Roadmap to find different tethering solutions Tethers a complete tethering solution for onto a range of different tool Lanyards your tools. types. **Tool Bags** Tool Belts Tool Holsters Inspection **Fixing Points** Exam



Put an end to dropped objects.

After covering statistics and legislation that help you understand why tethering is so important, you'll not only discover what testing methods to look for when buying tethers, but learn how to safely transport and store your tethered tooling. You'll also learn classifications of different tool types and the options available for tethering them, giving you the skills to select and apply the correct tethers to your own tools.

Tether real tools.

The real benefit of this course is getting to physically practise selecting and applying a wide range of tethers to different types of tooling. We'll also show you how to use the Leading Edge Tethering Roadmap to help you find a complete tethering solution.





Your passport **to competence.**

Correctly tethering a tool takes more than tying a piece of string around the handle. It's about fully understanding the risks, configuration and selection, equipment mechanics, usage and best practices. This course gives you the knowledge, awareness and practical skills to create a safe environment for tools and materials at height.





Get certified. with a formal exam.

We believe your employees tool drop prevention skills should be proven just like any other height safety course. That's why every trainee must sit a multiple choice examination to demonstrate their competence to use tools safely at height.

All kit provided.

We provide our own projector, screen, laptop, the latest tool safety products, and a bag full of tethering equipment and tools to deliver the practical and theory lessons. We just need somewhere to teach. So if you're booking a course on your site, don't forget to arrange a training room that can hold the appropriate number of people.









Training Booking Form



Training. Delivered. Carbon Neutral+

Download Training Booking Form at www.leadingedgesafety.co.uk

• Training Location		🖆 Inv	voice D	Details	
Site/Project Name		Company	Name		
Address		Address			
Site Contact		Accounts	Contact		
Phone No.		Phone No.			
Email Address		Email Add	ress		
Course Details		Purchase	Order Num	ber	
Selected Course	Drafama d Dat			Professional Charles Time	
Basic Awareness	Option 1:	/	/	Preterred Start Time	
Level 2 Managers	Option 2:	/	/		
Rescue - Single Method (please select) Winch Haul Descent	Option 3:	/	/	Confirmed Cost (Ex VAT)	
Rescue - Multi Method Ladder Height Safety PPE Inspectors Drop Prevention	Requested Class Size				
Certificate Delivery Addre	ess	🔨 Cus	stomer	Signature	
Address		Signature			
Contact Name		Title By signing thi	s document, you	ne	





Notes

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