

Working at Heights Course

Course Background:

This course is essential under the 2005 Safety Health and Welfare Act and 2007 General Application Regulations which covers the working at height regulations (part 4 of the General Application Regulations) it states that all employees must be trained in the work they do which in this case is working at heights. This course is designed to fulfil this requirement.

Course Content:

- Legislation including the requirements of the working at heights regulations
- Risk assessment, and planning the work
- Selection and inspection of work equipment
- Fall prevention
- Harness use
- Platforms
- Roof work
- Fall protection
- Ladder usage and safety

Learning Outcomes:

Participants will be trained to work at heights safely. They will understand the legal requirements to carry out the work, how to select the correct equipment for their work and identify the dangers associated with the work.

Unit 630G, Northern Extension, IDA Industrial Park, Waterford, Ireland.

info@samsontaining.ie

www.samsontaining.ie

+353 (0) 51 376938

This Course is Designed For:

Any person who is involved with working at heights.

Training Methodology:

This course is classroom based, it is highly interactive with role-playing and practical exercises to reinforce understanding and learning.

What to Bring to This Course:

While pens and paper will be supplied, participants are free to bring their own. It would also be an advantage if participants are comfortable with heights.

Duration of the Course:

This is a 4 hour course

Participants:

A maximum of 12 people per course

Certification:

On completion of this course, participants will receive a Samson Training working at heights certificate.