



# SAFE WORK AT HEIGHT

## Goal:

To equip personnel with the knowledge and skills to operate safely when working at height and have an awareness of rescue requirements.

## Target group:

Any workers who are required to work at height as part of their role.

## Highlights:

- Teaches fundamental skills in PPE usage and fall protection for industrial height work.
- Compliant with BS 8454, BS 8437, Work at Height Regulations, LOLER, and PPE Regulations.
- One-day course tailored to industrial safety requirements for personnel at all levels.

## WAHSA Safe Work at Height

### Course length

8 hours (1 day)

### Instructor

1:8

### Period of validity

3 years

### Certification

Outreach Rescue Certificate of Achievement

### Venue

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY

## Description

This 1-day course covers the basics of working at height through theory and practical sessions covering a broad scope of standard work at height equipment and techniques.

This course has been developed by the Work at Height Safety Association to meet the needs of workers who as part of their work are required to work at height. There are numerous work-at-height courses available claiming to meet this requirement, at Outreach Rescue we pride ourselves in knowing that this one is accredited by WAHSA, and ensures all students get real hands-on and relevant experience which cannot be understated given falls from height are the leading cause of workplace injury. The course is kept simple enough to be suitable for any workers, and focuses on providing practical opportunities for delegates to put into practice use of various safety systems that are commonly found in workplaces involving work at height. The course starts with a presentation condensing the relevant legislation down to easy-to-remember key points, introduces safe systems of work including work restraint and fall arrest and then progresses to the practical application of these systems and skills. The importance of rescue plans is discussed, and the use of common rescue packs is demonstrated by the trainer but is not a key competency that delegates learn on this course. For rescue provision, we offer further skills courses. This course is assessed, and participants must complete all the tasks and answer a brief multiple choice question paper to confirm learning.

## Compliance:

BS 8454:2006, BS 8437:2022, Work at Height Regulations 2005, LOLER 1998, PPE Regulations 2022

## Previous knowledge:

No previous knowledge or experience required.

## Requirements:

Age 18+. Participants must be fit for training including climbing ladders. There is a weight limit of 120kg due to equipment ratings.

## Progression:

Recertification & Refresher training is recommended every 2 years by means of re-attending this course. Options for progressing onto Basic Rescue training.

## Theoretical elements:

- Classroom sessions cover the basics of legal requirements and compliance, common risks, the Work at Height hierarchy and the need for rescue plans.
- Delegates will complete a 20 question multiple choice exam which is assessed.

## Practical elements:

- This course is predominantly practical, and covers the use and pre-use inspection of PPE (harness, helmet, connectors, lanyards), use of work restraint, use of fall arrest systems including self-retracting lanyards and shock absorbing lanyards, fixed ladder safety systems and demonstrations of rescue systems.

- All specialist equipment is provided.
- All practical elements are holistically assessed throughout the course.