



# BASIC SAFE WORKING AT HEIGHT

## Goal:

To provide participants with the knowledge and practical skills to perform basic height work safely and understand rescue planning essentials.

## 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.

## Description

A 1-day foundational course on safe practices for basic work at height, focusing on PPE usage, hazard awareness, and fall protection, along with basic rescue plan requirements.

This course has been developed by the Work At Height Safety Association (WAHSA) to meet the needs of workers who as part of their work are required to work at height. The WAHSA Basic Safe Work at Height course provides essential training for personnel working at height in industrial settings. This 1-day programme introduces participants to safe practices, covering risk awareness, PPE selection, and fall protection systems. Practical sessions ensure that participants are competent in using equipment like harnesses and lanyards and understand rescue planning basics. With no prerequisites, this course is accessible to all and concludes with a certification valid for three years, ensuring ongoing compliance with height safety standards.

## Compliance:

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

## Previous knowledge:

No pre-requisites required

## Requirements:

Age 18+. Aptitude for working at height, basic fitness for ladder climbing, and a weight limit of 120kg.

## Progression:


Recertification recommended every 2 years; options available for advanced work at height and rescue training

## Theoretical elements:

- Hazard awareness and risk mitigation for height work
- Overview of the Work at Height Hierarchy and legal obligations
- PPE inspection and maintenance essentials

## Practical elements:

- Proper use of fall arrest lanyards, self-retracting lanyards, and work restraint systems
- Basic ladder safety techniques and PPE application
- Introduction to rescue planning for height work



### WAHSA Basic Safe Work at Height

### Course length

8 hours (1 day)



### Instructor


1:8



### Period of validity


3 years

### Certification



Digital Outreach Rescue certificate of achievement, valid for 3 years, recorded on the Outreach Rescue Database

### Venue



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