

# Working at Height

## Course Duration: Short Duration Course

### Aim and Objectives:

To provide basic information to anyone involved in or affected by work at height. Please note that this course does not cover specialist skills required to carry out specific tasks, e.g. rope access and does not contain practical training on equipment e.g. ladders.

By the end of the course an individual will have sufficient knowledge to enable them to comply with their duties under the Work at Height Regulations 2005 (as amended in 2007)

### Course Content:

- Introduction and housekeeping
- Aims and objectives
- Legal overview
- Definition of a competent person
- Definition of working at height
- The fall prevention / protection hierarchy
- Defining a safe place of work
- Collective prevention / protection measures
- Personal prevention / protection measures
- Pre and post use inspection of places, work and work equipment
- Recognising dangerous situations
- Height safety questionnaire
- Course review and questions

### Pre-Requisites for Candidates:

No formal qualifications or experience are necessary. Literacy and language comprehension are important requirements on all courses.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

### Training Location Options:

We offer this course from both our Devon & Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice. (Subject to the proposed venue having a suitable classroom facility and any other necessary facilities required for this course) Please contact us for further details.

### Course Start Time:

All courses unless agreed otherwise will commence at 8.15am or 12:30pm

### Certification:

Certificates are included in the cost of this course and are produced by LTC Training Services Ltd. They will be forwarded to the customer once payment has been received in full and are valid for 3 years.

### Equipment:

Candidates are not required to bring any special equipment. Writing materials will be provided.

### Lunch and Refreshment Facilities:

Lunches will not be provided. However water, tea, coffee, fridge and microwave facilities are available in our canteen for your use free of charge.

### Accommodation and Transport:

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

**Number of Candidates per Course:**

A maximum of 12

**Refresher Training:**

LTC Training Services Ltd recommend that candidates re-attend this course every 3 years to ensure they are aware of current legislation and procedures.

**Suggested Follow on and Complementary Courses:**

- Safety Harness Use
- Safety Harness Use & Inspection
- Safe Use and Inspection of Ladders

(Date of latest revision: 14<sup>th</sup> May 2024)