



Height Safety Training Courses



Specialist courses are available on request covering:

- Equipment inspection and maintenance
- Work restraint
- Work positioning
- Anchor point installation
- Cable system installation
- Ladder restraint anchor installation
- Specialist rope access
- Working at height regulations
- Rooftop safety
- Tower/mast climbing
- Industrial climbing
- Use of horizontal and vertical lifeline systems

First Testing training programmes:

Course - Height Safety Training

Duration

One day

Content

Introduction to course - aims and objectives
Industry standards
Current legislation
Working at height 2005 regulations - duties and responsibilities

Principles and practices

Construction site awareness
Site information
Work positioning systems
Fall protection considerations
Swing falls
Roof edges
Fall distance guide
Fall protection system
Anchor systems
Access to workplace
Roof types and structures
Working on roofs
Using, inspecting/maintaining PPE
Questions and feedback

Group size

Max 8

Course - Rescue and Descent System

Duration

One day

Content

Introduction to course - aims and objectives
Statutory requirements
H.A.S.A.W.A. 1974 Section 2, 7 and 8 - employers/employees responsibilities
Working at height 2005 regulations - duties and responsibilities
P.U.W.E.R. 1998 and associated regulations i.e. BS 8437:2005

Principles and practices

Fall protection planning

Traditional fall protection
Work positioning systems
Fall arrest systems
Fall protection considerations
Swing falls
Edges
Fall distance guide
Fall protection system
Anchor systems
Inspection, care and maintenance
Hooks
Care of individuals requiring rescue and first aid awareness
Aptitude fitness and training

Group size

Max 6

Course - On Site Training (introduction to working at heights)

Duration

Half day

Content

Introduction to course - aims and objectives
Industry standards
Current legislation
Working at height 2005 regulations - duties and responsibilities

Principles and practices

Site awareness
Access to roof area
Training to use fall arrest/fall restraint
Fall arrest systems
Fall protection considerations
Working with PPE
Inspecting/maintaining PPE

Group size

Max 6

Course - PPE Competence

Duration

Half day

Content

Introduction to course - aims and objectives
Statutory requirements
Working at height 2005 regulations - duties and responsibilities

Principles and practices

Pre-use Inspection
Visual basic check
Using the correct PPE
Different uses for PPE
Storage of PPE

Group size

Max 10

Other group services:
Supply of fall arrest product
Installation of fall arrest product
Annual inspection of fall arrest system
Supply of PPE
Intruder alarm testing
Fire alarm testing
Gutter clearance

Lightning protection installation, inspection & test
Christmas decoration anchor inspection & test

Training location: *training can be conducted at our dedicated training facility in Nottingham or a trainer can attend your premises.*

Contact Details

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