BLACKBIRD FOR TRAINING

Work at Heights Training Course



Work at Heights Training Course

Introduction

Working at height is one of the leading causes of workplace injuries and fatalities across many industries. This comprehensive 1-week Work at Heights Training Course provides participants with the knowledge and practical skills required to identify work-at-height hazards, assess associated risks, select appropriate control measures, and safely plan and execute work at height.

The course covers key principles of fall prevention and protection, safe use of access equipment, scaffolding, ladders, personal fall protection systems, rescue procedures, and relevant safety standards and best practices.

Course Objectives

- By the end of this course, participants will be able to:
- Understand the fundamental principles and hazards associated with working at height.
- Identify, assess, and control work-at-height risks.
- Apply the hierarchy of controls to prevent falls from height.
- Understand the correct selection, inspection, and use of fall protection equipment.
- Safely use ladders, scaffolds, mobile elevated work platforms, and other access equipment.
- Develop effective work-at-height risk assessments and method statements.
- Understand the requirements for safe work planning and supervision.
- Apply emergency response and rescue procedures for work-at-height incidents.
- Promote a strong safety culture and prevent work-at-height accidents.



Course Outlines

Day 1: Fundamentals of Working at Height

1. Introduction to Working at Height and Its Importance
2. Common Work-at-Height Hazards and Accident Causes
3. Understanding Falls, Fall Factors, and Suspension Trauma
4. Legal, Regulatory, and Industry Requirements
5. Roles and Responsibilities of Employers, Supervisors, and Workers

Day 2: Risk Assessment and Safe Work Planning

1. Identifying Work-at-Height Hazards
2. Conducting a Work-at-Height Risk Assessment
3. Applying the Hierarchy of Controls
4. Developing Safe Work Procedures and Method Statements
5. Pre-Work Planning, Permits, and Site Safety Inspections

Day 3: Access Equipment and Fall Protection Systems

1. Safe Use and Inspection of Ladders and Step Ladders
2. Scaffolding Safety and Inspection Requirements
3. Mobile Elevated Work Platforms MEWPs and Access Platforms
4. Personal Fall Protection Systems: Harnesses, Lanyards, and Lifelines
5. Inspection, Maintenance, Storage, and Correct Use of Fall Protection Equipment

Day 4: Fall Prevention, Protection, and Emergency Response

1. Fall Prevention Systems: Guardrails, Barriers, and Safety Nets
2. Fall Arrest and Fall Restraint Systems
3. Anchor Points and Horizontal/Vertical Lifeline Systems
4. Rescue Planning and Emergency Procedures
5. Practical Exercises: Equipment Inspection, Harness Use, and Safe Work-at-Height Practices

Day 5: Supervision, Rescue, and Best Practices

1. Supervising Work-at-Height Activities
2. Managing Contractors and Communicating Safety Requirements
3. Emergency Rescue and Post-Fall Procedures
4. Incident Investigation and Preventive Measures
5. Course Review, Practical Assessment, and Safety Action Planning

Why Attend This Course? Wins & Losses!

Wins

- Reduce the risk of falls, injuries, and fatalities.
- Improve employees' awareness of work-at-height hazards.
- Strengthen workplace safety and compliance.
- Develop practical skills in using fall protection equipment.
- Improve risk assessment and safe work planning.
- Enhance emergency preparedness and rescue capabilities.
- Build a stronger safety culture within the organization.

Losses of Not Attending



• Increased risk of serious workplace accidents and fatalities.
• Potential legal and regulatory non-compliance.
• Higher injury, compensation, and operational costs.
• Increased equipment damage and work disruption.
• Poor emergency response and rescue preparedness.
• Reputational damage resulting from preventable incidents.



Conclusion

Safe work at height requires proper planning, competent personnel, appropriate equipment, and effective supervision. This 1-week course equips participants with the practical knowledge and safety principles needed to prevent falls and manage work-at-height activities effectively.

By completing the course, participants will be better prepared to recognize hazards, implement appropriate control measures, use fall protection systems correctly, and respond effectively to emergencies.

Frequently Asked Questions FAQ

1. Who should attend this course?

The course is suitable for employees, supervisors, safety officers, engineers, maintenance personnel, site managers, contractors, and anyone responsible for or involved in work-at-height activities.

2. Does the course include practical exercises?

Yes. Practical activities can include equipment inspection, harness fitting and use, fall protection systems, hazard identification, and work-at-height scenarios.

3. What types of equipment will be covered?

The course covers ladders, scaffolding, access platforms, MEWPs, harnesses, lanyards, lifelines, anchor points, and other fall protection equipment.

4. Will risk assessment and method statements be covered?

Yes. Participants will learn how to identify hazards and develop appropriate risk assessments and safe work procedures for work-at-height activities.

5. Does the course cover emergency rescue?

Yes. Participants will learn the principles of rescue planning, emergency response, post-fall procedures, and suspension trauma awareness.

6. Is the course suitable for different industries?

Yes. The principles can be applied across construction, oil and gas, manufacturing, facilities management, maintenance, utilities, and other industries where work at height is performed.

7. What will participants gain from the course?

Participants will gain practical knowledge and skills to safely plan, supervise, and perform work-at-height activities while reducing the likelihood of falls and related incidents.

