

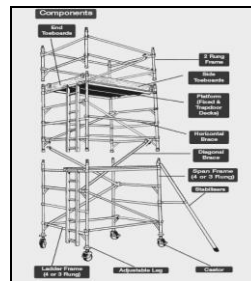


*'are your employees competent to work at height'*

*'is your work at height properly planned and organized'*

*'can you assess the risks and ensure appropriate work equipment is used'*

*Compliance with the Work at Height Regulations 2005 might just save a life.....*





## **MANAGING SAFE WORK AT HEIGHT**

**For Managers of Site Operatives**

### **Aims of the Course**

At the end of this one-day course the successful candidates will understand current best practices regarding the selection of correct “Safe Systems of Work” and “Access Methods” for those who need to work at height.

### **Course Content:**

Working at Height – current developments in the UK including Work at Height Regulations 2005.

Safe Systems of Work introduced including avoidance of risk and risk reduction – techniques through job design and supervised procedures.

### **Issues relating to risk reduction within systems of work:**

- Moving materials
- Dealing with fragile surfaces
- Protecting the public
- Competence and training
- Weather conditions
- Emergency situations including rescue
- Supervising and monitoring worker compliance
- Formal examinations of (height related) work equipment
- Risk assessments as a tool not a chore

### **Overview of hierarchy for selection of access methods and equipment:**

Specific access methods and equipment explained in further detail:

- Standard scaffolds
- Mobile Towers
- MEWPS
- Cradles
- Collective fall arrest systems
- Personal systems for travel restraint and fall arrest
- Ladders including roof ladders

Maximum instructor to candidate ratio = **1:12**

**The cost of the above one day training course is £990.00 excluding VAT – for up to and including 10 persons.**

**Additional price per delegate (up to a maximum of 12 delegates per course) is £80.00 excluding VAT.**

**For course bookings & further information please call us on 0114 256 1197 or email [alex@training4height.com](mailto:alex@training4height.com)**

## **SAFE WORK AT HEIGHT**

### **For Site Operatives**

#### **Aims of the Course**

Designed in accordance with the Work at Height Regulations 2005, this one-day course equips successful candidates with a comprehensive awareness of a number of typical hazards and their respective control measures specific to working on a roof, near an unprotected edge and generally at height. Candidates will also be competent to use a full body harness, a double fall arrest lanyard on bolts or structures and a single fall arrest lanyard with a horizontal Latchways Mansafe system or similar. In addition they will be able to use a rope and rope-grab in relation to the above two systems as a travel restraint or fall arrest system.

By the end of the course, candidates will therefore be able to recognise height-related hazards, choose the correct personal protective equipment and use that equipment correctly to prevent a fall or minimise the consequences of a fall.

#### **Course Content:**

##### **Legislation and Responsibilities of the User**

- Performance standards for fall arrest equipment
- Work at Height Regulations 2005, Health & Safety at Work Act (1974) etc
- Rooftop safety – Awareness of hazards and how to eliminate or control them.
- Risk Assessment

##### **Safe Systems of Work**

- Safe use of the equipment within its limitations
- Ensuring safety of others working underneath
- Awareness of rescue issues including techniques to minimise the effects of suspension trauma
- Equipment withdrawn from service

Candidates will be given a multi-choice questionnaire and asked to demonstrate their competence of the key safety points and techniques in order to attain a pass. Successful candidates will be awarded a certificate of competence.

**The cost of the above one day training course is £780.00 excluding VAT – for up to and including 6 persons.** Maximum instructor to candidate ratio = 1:8  
**Additional price per delegate (up to a maximum of 6 delegates per course) is £80 excluding VAT.**

**For course bookings & further information please call us on 0114 256 1197 or email [alex@training4height.com](mailto:alex@training4height.com)**

##### **Use of Personal Protective Equipment**

- Correct use of specified equipment and limitations including:
- Use and care of the Latchways Mansafe system
- Use of a rope & rope grab for travel restraint and fall arrest
- Use of lanyards for travel restraint and fall arrest
- User inspection of equipment

## RESCUE AND EVACUATION TRAINING For Site Operatives

### Aims of the Course

At the end of the specific rescue or evacuation training course the successful candidates will be competent in the operation and use of the specified rescue or evacuation equipment and be able to affect a safe rescue of a fallen colleague or a safe evacuation from a place at height.

### Topics Covered

- Appropriate Use Of PPE
- Equipment Inspection
- Permit To Work
- Safety Checks
- Safe Work at Height Skills
- Suspension Syncope
- Correct Operation Of Rescue Equipment
- Emergency Procedures

### Why Do We Need Rescue Training?

**Under the Work at Height Regulations 2005 the Duty Holder has the responsibility for emergency planning and rescue provision - as the often varied and diverse nature of work at height prevents the emergency services being able to respond quickly enough.**

**Please contact us to discuss your rescue and evacuation requirements.**



Candidates will be required to demonstrate their competence with a practical assessment. Successful candidates will be awarded certification.  
**Instructor to Candidate Ratio = 1:6**

**Guide price for the above training course & assessment is £680 excluding VAT - for up to and including 6 persons. Note this may vary depending on the complexity of the site, installed equipment and site specific requirements. For course bookings & further information please call us on 0114 256 1197 or email [alex@training4height.com](mailto:alex@training4height.com)**



## **FAÇADE ACCESS SYSTEM USER TRAINING**

**(Cradles, Building Maintenance Units, Gantries and Travelling Ladders etc)**

**For Site Operatives**

### **Aims of the Course**

At the end of this one day course the successful candidates will be competent to operate site specific façade access equipment, including the use of appropriate personal protective equipment, system pre-inspection and emergency egress.

### **Personal Protective Equipment**

- PPE: Fit for purpose
- Inspection of PPE/Validation of PPE certification
- Correct fitting of PPE
- Explain the need for a permit to work

### **Safety Checks (criteria where applicable)**

- Checking of system test labels and user instructions.
- Check all appropriate signage is attached to the cradle i.e. safe working load, harness attachment points
- General external condition of trolley and cradle
- Condition of suspension rope hooks (where applicable)
- Interior of cradle including control panel
- All limit switches
- Power plug and supply
- Runway tracks
- Operating functions (inc safety functions)

### **System Overview**

- Access to equipment (including safe access from the roof to the equipment)
- Review control panels
- Demonstration of machine capabilities
- Correct use of emergency rescue controls

### **System Operation (where applicable)**

- Safe ingress and egress of machine
- Safe ascent & descent
- Safe traverse left/right
- Safe machine slew left/right
- Safe cradle slew left/right
- Safe operation of machine
- Reeve and de reeve of suspension ropes (where applicable)



### **Emergency Procedures**

- Ascertain power or mechanical fault
- Contact Building Manager to call out engineer/assist with rescue
- Follow emergency procedure sheet in cradle

**Each operative will be expected to complete a supervised practical assessment and upon successful completion will be awarded a certificate of competency.**

**Instructor to Candidate Ratio = 1:6**

**Guide price for the above one day training course & assessment is £ 680.00 excluding VAT - for up to and including 6 persons. Note this may vary dependant on the complexity of the site and installed equipment. For course bookings & further information please call us on **0114 256 1197** or email **alex@training4height.com****



## **MANSAFE SITE SPECIFIC SYSTEMS - USER TRAINING**

### **For Site Operatives**

#### **Aims of the Course**

At the end of this half-day course the successful candidates will be competent to attach the specified fall arrest/restraint equipment and harnesses to dedicated horizontal line systems to prevent falls whilst working at height.

#### **Course Content**

##### **Introduction and Legislation**

- System Description i.e. Fall Arrest / Fall Restraint
- Perimeter Or Ridgeline Systems Explained
- Description Of PPE / Transfastener
- Explanation - Number Of Users To Each System
- i.e. 1-2-3 Persons
- Inspection Of PPE – Before Each Use
- How Permits To Work Operate
- Requirements For Annual Testing PPE / Systems

**If access to roof is possible and weather permits, the items below will be shown on the safety systems installed to the building. If weather does not permit, these will be discussed in the classroom using a demonstration unit.**

- Explanation Of Fixings & Components
- Explanation Of Isolated Posts - How To Use
- Demonstration - Rope on Rope Grab
- Demonstration - Transfastener On / Off
- Explanation - Purpose Of System Labels

Candidates will be required to demonstrate their competence with a practical assessment. Successful candidates will be awarded certification to that effect.

**Instructor to Candidate Ratio = 1:6**

**Guide price for the above half day training course & assessment is £680 excluding VAT - for up to and including 6 persons. Note this may vary dependant on the complexity of the site and installed equipment. For course bookings & further information please call us on 0114 256 1197 or email [alex@training4height.com](mailto:alex@training4height.com)**

## **FURTHER TRAINING COURSES AVAILABLE**

### **Harness Appreciation**

To enable delegates who work at height using to identify and select the correct form of safety harness and lanyard, and be able to inspect, maintain, monitor, fit and use them effectively

### **Manual Handling**

Prevention is the key when it comes to manual handling. The course is designed to assist delegates in identifying situations where manual handling techniques are absolutely necessary. It provides the skills and knowledge required to perform manual lifting and handling operations competently and safely.

### **IOSH Managing Safely**

A 4/5 day course including a short examination and practical project which offers a general introduction to health and safety in the workplace.

### **NEBOSH General**

Health and Safety appointed representatives are faced with a constant battle against ever changing Health and Safety legislation and the impact on their respective organisations. In addition EC regulations stipulate that Health and Safety representatives must be "competent" to perform the role. The NEBOSH certificate is recognised as providing most of this competence.

**All training courses run at your site(s).**

**Training courses can be adapted to suit specific requirements – please contact us to discuss your particular objectives. For course bookings or further information please call us on 0114 256 1197 or email [alex@training4height.com](mailto:alex@training4height.com)**