

WAHSA Basic Industrial Safe Work at Height

Who Should Attend:

Personnel from organisations called upon to work safely at height in a basic capacity.

Pre-Requisites

- Stand-alone course with no pre-requisites

Requirements:

- Weight limit of 120kg due to equipment ratings
- Aptitude for working at height
- Basic fitness required for climbing a ladder
- Trainers will help anyone with reading difficulties

Aim:

To equip personnel with the knowledge and skills to operate safely when working at height and have an awareness of rescue requirements.

Outcomes:

On successful completion of the course, the student will have a foundation of knowledge and skills and be able to:

- Understand the common risks of work at height
- Select, fit and use basic PPE such as Harnesses, helmets, connectors and lanyards
- Conduct pre-use inspections of PPE
- Understand the Work at Height Hierarchy
- Understand legal obligations of work at height
- Demonstrate the use of work restraint systems
- Demonstrate use of Fall Arrest lanyards and Self Retracting Lanyards
- Understand the need for rescue plans when working at height

Compliance:

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

Duration:

1 day 6 hours

Ratios:

Trainers 1:8 Students

Delivery Method:

Lectures, classroom work, practical sessions.

Equipment:

Specialist equipment and PPE is included. You can provide your own PPE provided it is serviceable subject to inspection by our trainers.

Assessment:

Holistic assessment takes place throughout the course and concludes with a short multiple-choice exam (20 questions) to confirm learning. Learners will be helped by the instructor if they have difficulties understanding the intention of the questions.

Certification:

Students will receive a digital Outreach Rescue certificate of achievement upon successful completion of the exam and safe demonstrations of the practical tasks. Results are recorded on a personal record of performance and recorded on the Outreach Rescue Database. Certification is valid for 3 years.

Progression:

Recertification & Refresher training is recommended every 2 years by means of re-attending this course.

Learners can choose to progress into more complex work at height training, including rescue from height. Contact Outreach Rescue for details of what might be suitable for your organisation.

Venue:

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY
Please contact us to discuss the possibility of delivering this course at your premises.

Further Information & Booking:

Current open course dates are available on **www.outreachrescue.com**

Please contact us to book or to enquire about bespoke courses or additional dates:

01248 601546

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