



## WORKING AT HEIGHT TRAINING Course Programme (Half Day)

**Aim of the course:** To train workers in appropriate risk control techniques to ensure work at height is undertaken safely.

### **Objectives**

- To understand the duties and responsibilities of employers and employees.
- To understand the risk control hierarchy and risk control options.
- To understand the importance of edge protection and safe means of access.
- To be able to use ladders and step ladders safely.

**Methods used:** PowerPoint presentations, videos and practical demonstrations.

### **Course content:**

- Introduction
- Work at Height Legislation & Guidance
- Selecting the right work equipment
- Ladder & Step Ladder safety
- Spot the hazards
- End of day review

A **Certificate of Competence** is awarded to all delegates who attend the course. This Certificate is valid for 3 years.



### **How do I book a place on the Course?**

Courses are delivered either in-house or at various venues throughout the Year; for further details or to book a place on the Course please contact us:

**SafetyNet Ltd**  
49 Sea Cliff Road  
Onchan  
IM3 2JD  
T: (01624) 624646  
E: [info@safetynet.co.im](mailto:info@safetynet.co.im)  
W: [www.safetynet.im](http://www.safetynet.im)