

SC009 Health and Safety – Working at Heights

Course Outline:

This course concentrates on providing trainees with the practical and basic level knowledge of how to work safely at height. If one is ever required to work in a harness this course will provide trainees with information on how to safely do so/ Trainees will discuss other relevant topics such as guardrails, safety nets, access to work areas, ladders, EWP's, crane and forklift cages and scaffolding

The course is intended for personnel involved in the installation and use of scaffold systems as well as prospective or experienced hoist drivers. Basically the Fall Protection Safety Course is beneficial for any person who is engaged in work at height.

Who May Apply?

Employers

Workers

Self Employed

Supervisors

Anyone who works at Heights

Learning Objectives:

- Introduction
- Legislation and Standards
- What are the hazards?
- Unsafe practices
- The use of PPE
- Safety Awareness
- Centre of gravity
- Particular points pertaining to ladder use and scaffold use
- FAQs

Course Structure:

4 hours of Theory.

No Practical

Certification:

An attendance certificate will be given to all attendees.

This does not have an expiry date however we suggest that a refresher course is taken to keep up-to-date with any changes mainly regarding regulations and practical guidelines.