

# Working at Height



*A certificated Half day course  
Attendance dates to meet YOUR needs  
At YOUR place of work or at a venue of your choice  
laminated passport card + certificate included (\*see below)*

**Delivered by a Tutor who is a Chartered Practitioner with IOSH  
and a Chartered Construction Manager and Engineer**

Ladders and Steps are included



Working at height without adequate protection can lead to prosecution without any accident. It is the potential injury etc that can determine the fine. All persons working at height must be adequately trained.

## Content

Working at Height Regulations overview, definition and interpretation of what is working at height, case study examples, ladder safety, correct procedures for using ladders and step ladders, time limitations and risk limitations, reducing consequences of a fall and examples of equipment, reducing distance of a fall and examples of equipment, assessment of offset for ladders, various system used to work at height including a diversity of protective measures, fall arrest, working platforms, safety barriers, planning and reducing risk, emergency action to be taken if a person is suspended, rescue systems, fragile surfaces and other risks, falling objects, exercises and interactive evaluations, inspection requirements, etc.

Includes a practical use of ladders and safely putting up an extension ladder. This course can include harness fitting but does NOT include assessment or provision of anchor points or harness inspection but this is available as a separate half day course.

Course notes included, **Half days tuition** (typically 0800 to 1300)

*This is a certificated course (with passport card) and has practical assessments and a multi choice test.  
(you can have as few as you like in the group or the max permitted or even 1:1 tuition)*

*Course content and duration may vary as a result of changes needed to comply with the requirements of legislation or necessary updates or improvements, but details were correct at the time of publication.*

Quotations by BST are provided for the course to meet your specific requirements and will vary dependant on the number of candidates, distance, and venue etc.

**Bespoke Safety Training & Consultancy Limited**

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