Working at Height Safety (WAH)

This course is aimed at personnel who are required to work or supervise at height. Each delegate will gain knowledge that will help them plan for working at height and realise the correct equipment choice and use. All courses will be delivered in English and delegates must be physically able to carry out the practical elements of the course.

Delegates can attend our purpose-built training academy in Sheffield, or subject to a survey to confirm suitability, it can be delivered in your normal place of work

Course Contents

- Relevant regulations & legislation
- Hierarchy of Working at Height
- Working at Height categories and correct types of Personal Fall Protection Equipment (PFPE)
- Anchor points - horizontal and vertical personal fall protection systems
- Anchor points - eyebolts, mobile anchors
- Harness and lanyard pre-use checks and fitting ncluding:
  - Full Body Harness
  - Single & Twin Harness
- Identify need for a rescue plan
- Roof access, egress and hazards
- Fixed ladder techniques with fall arrest/ work positioning lanyards
- Practical of fall protection equipment

Learning Outcomes

- Understand the law, legislation and control measures associated with performing a task at height using a fall a restraint/arrest capability.
- Select, don and perform a WAH task using appropriate items of PPE for a given task.
- Perform a pre use examination on a given item of PPE.
- Don and adjust for fit a given item of PPE.
- Perform a pre use examination on given Fall Arrest and work positioning PFPE.
- Ascend and descend a given structure using appropriate given Fall Arrest PFPE.
- Safely adopt a work position mode whilst on a vertical structure.
- Traverse multiple safety systems whilst maintaining a safe criteria at all times.

Course Assessment

- Written assessment
- Practical assessment

One Day

Maximum of 6 people

Training Academy
or on-site

Eurosafe Certificate
Valid for 3 years

0114 250 7411 eurosafetraining.co.uk