

## HEIGHTWORKS TRAINING

**Duration:** 1 Day.

**Audience:** Any person who may have to work on flat rooftops.

**Course Aim:** To identify where there is a risk of falling whilst working on a rooftop and the use of suitable equipment and techniques that protect against falls.

**Syllabus:**

- Pre use inspection of PPE equipment
- Work at height harness donning
- Understanding the principles of work restraint
- Understanding the principles of fall arrest
- Using work restraint systems
- Using self retracting fall arrest systems
- Using fall arrest twin energy absorbing lanyards
- Understanding the severity of falls
- Understanding suspension intolerance
- Using self rescue techniques
- Understanding the hierarchy of fall control measures
- Identification of work at height hazards
- Identification of rooftop hazards

**Prerequisites:** A satisfactory level of health and fitness.

**Max. Ratio:** 6 Delegates to 1 instructor.

**Certification Expiry:** The certificate is valid for a maximum of three years subject to maintenance of skill level.

Throughout the course, the student will be continually assessed and expected to complete a written and practical examination.

Only on successful completion of the whole course and examination will the candidate be issued with a certificate of competency.

This course is designed and delivered using BS8454 (code of practice for the delivery of training and education for work at height and rescue), IRATA international code of practice and equipment manufacturers technical instructions.

