

# Planning and Supervising Work at Height

## Course Duration

1 Day

Session 1 - Classroom based theory  
Session 2 - Practical application  
Session 3 - End of course assessment

## Course Aim

This course is specifically designed to provide a comprehensive overview of the Work at Height regulations to those who plan and supervise work at height, to enable effective implementation of the regulations in any work environment.

## Learning Outcomes

- Explain what is meant by "work at height".
- Define the roles and responsibilities of duty holders under the work at height regulations.
- Carry out a risk assessment for work at height.
- Explain what is meant by hierarchy of control and how this applies to the work at height regulations.
- Describe the terms absolute, practicable and reasonably practicable.
- Apply the hierarchy of control to the selection of work equipment.
- Define competence.
- Distinguish between fall prevention and fall arrest systems.
- Identify collective and personal control measures and explain the difference between the two.
- Describe the requirements for inspection of equipment used for working at height.

## Scope

This course is based on the ACWAHT Work at Height Awareness Syllabus. A certificate of training will be issued to successful delegates on completion of the course.

Instructor : delegate ratio 1 : 8

*The instructor has the right to exclude any trainee from training at any stage if they have concerns regarding the trainee's health and/or fitness or regarding the trainee's attitude with regard to maintaining safety during training.*

*Full details of the first aid cover provided for trainees and insurance cover carried by the training provider are available on request.*

ZT-011-2

## Location / Requirements

The instructor will travel to the customer's site to deliver the training. A suitable meeting/training room with mains power and space to set up a projector is required. The course can also be delivered at our training facility in Grantham, Lincolnshire - please contact us for further details.

