



# Working at Height Including Use of Safety Harness

**This course is designed to teach delegates the requirements of the Working at Height Regulations 2005.**

The course can be designed around a range of issues dependent on the type of work delegates usually undertake, e.g.

- Safe use and inspection of ladders
- Safe use and inspection of harnesses and fall arrest systems
- Working on roofs/structures etc.
- Guard rails and harness clip points

## COURSE CONTENT

- Health and Safety at Work Act 1974
- Working at Height Regulations 2005
- HSE Guidance INDG284 Working on Roofs
- HSE Guidance CIS10 Tower Scaffolds
- HSE Guidance GS31 Safe Use of Ladders
- HSE Guidance ING367 Inspecting Fall Arrest Equipment
- BS-EN354, 360, 361, 363 and 365 Safety Harnesses
- Site Hazards
- Risk Assessment – General and Site Specific
- Safe Working on Scaffolds
- Safety Harness Use and Inspection
- Delegate Practical Exercises and Competence Assessment

<b>Duration</b>	1 day
<b>Who?</b>	New Operators
<b>Number of delegates</b>	Maximum 6

