

Working at Heights and Safety Harness Awareness



Introduction

This basic working at heights and safety harness awareness course is aimed at all levels of employees who are working at heights in any organisation and who need to understand the basics of elevated work, from the associated dangers involved through to the controls required to ensure an employee's safety.

Course Outcomes

Candidates will understand the dangers of elevated work and what measures to use to ensure their safety while working at heights..

Culminating Outcomes

- *The candidate will be equipped with the knowledge of different types of safety harnesses, lifelines and attachment points.*
- *How to use different types of safety harnesses and lifelines.*
- *What to inspect before working at heights, from the safety harnesses, through to the scaffolds and the lifelines and attachment points.*
- *Common issues to be aware of during work at heights.*
- *To continually assess their situation and ensure the safety of themselves and their colleagues.*

COURSE CONTENT

A three hour theoretical discussion on the dangers and control measures of working at heights, the use of scaffolds, harnesses, safety lines and attachment points. Thereafter there is a practical exercise whereby every candidate will get the opportunity to actually use the safety harnesses and the opportunity to get familiar with a scaffold and lifelines.