



## Course Title: Working at Heights

**Target Audience:**

Those who are working at height elevations such as tele-mast, steel fixers, scaffolders, riggers, inspectors and others.

**Language:**

English, Hindi and Arabic

**Aim:**

To provide an understanding of legal requirements and standards for working at heights, hazards associated with working at height, review of fatal accidents, safe system of work, fall protection requirements and techniques, fall protection equipment, personal protective equipment.

**Objectives:**

Upon successful completion of the course the attendee will be able to know:

- Hazards associated with work at height
- Heat related hazards
- Medical fitness requirement for working at height.
- Proper planning and supervision.
- Safe systems of working at heights.
- Personal protective equipment
- How & where to use full body harness.
- Fall arrestors and their usage.
- How & where to use life lines
- Fall protection techniques.
- Hazard identification (associated with working at height).
- Control measures
- Buddy System
- Recovery measures and emergency response in case of accident

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<b>Training Methodology</b>	The course will be delivered by a lecture with PowerPoint presentation together with demonstration and practical session activities as appropriate to the content of the course.
<b>Assessment:</b>	Multiple choice questions 80% pass mark must be achieved , Observations, each candidate must demonstrate practical competence by carrying out a detailed inspection of his/her harness, demonstrate the correct wearing of a harness, demonstrate safe working practices throughout the practical session Behavior Safety Culture
<b>Equipment Required from Client</b>	The Client will be required to provide the following:  PPE including, safety shoes, coverall, helmet, safety glasses, hand gloves, full body harness (preferably with snap hooks and shock absorbers) for all attendees
<b>Certification:</b>	OTI Certification / Permit
<b>Duration:</b>	1 day
<b>Validity:</b>	2 years
<b>Venue:</b>	OTI Locations or Client's facilities if suitable.
<b>No of Delegates</b>	4-16

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