



Course Title: Working at Heights Refresher Training

Target Audience:	Those who are working on construction projects and using the fall protection methods viz. travel restraint systems, fall restricting systems, fall arrest systems, safety nets and work belts or safety belts. Participants to have a general knowledge and experience on working at Heights.
Language:	English
Aim:	To provide training to refresh and increase staff confidence in working at heights and rescue situations.
Pre-Course	There is a requirement to undertake a risk assessment of the site prior to starting the training. Once approved, classroom sessions can commence. The Audio Visual Equipment to be checked. The Working at Height and First Aid Equipment to be checked to ensure fit for purpose.
Course Outline	<p>Pre-Course; Learners information to be provided.</p> <p>A quick run through the basics as part of the classroom session with the bulk being practical sessions outside using PPE, rescue equipment etc.</p> <p>Day 1: Pre Course checks: Course Starts Arrive at Site, introduction to Site Manager and HSE Manager Go through course and visit site and classroom, Risk Assessment</p> <p>Start Course:</p> <ol style="list-style-type: none">1. Inspection of W@H-PPE2. How to set up3. Regulations for working at Heights4. Use of Equipment5. Rescue and Planning





Client Responsibilities	Day 2 : Activity Morning Theory: <ol style="list-style-type: none">1 Safe use of rescue equipment2 Anchor Points3. Rescue Procedures4. Managing a rescue situation First Aid5. Company SOP/EOP procedures Afternoon Practical <ol style="list-style-type: none">1. Recover a casualty using your rescue ready bag2. Remote lift and lower3. Keeping safe
	Client to provide :- <ul style="list-style-type: none">* accommodation and messing at site*Training Room with Audio Visual (functional)* Participants to have their own working harnesses and scaff hooks

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