



## Safe Working at Height

**Duration:** 1 Day

**Overview:** The course is designed for operatives who are required to work safely & effectively at height in compliance with their organisation's policy statements, current legislation & accepted 'Best practice' in Health & Safety.

This is a very practical 'hands-on' course which covers all relevant legislation, and which gives delegates the necessary skills and knowledge required to ensure their own safety when working at height. It will cover the erecting, using, moving and dismantling of Mobile and Static Aluminium Towers, as well as training in the safe use and operation of a mobile elevated work platform (MEWP)

**Content:**

- Introduction
- Problems Associated with Safe Working at Heights
- Legislation
- Employers Responsibility
- Employees Responsibility
- Risk Assessment
- Safe Systems of Work
- Ladder and Step Safety
- Harnesses
- Mobile Tower Scaffold (erecting and dismantling)
- Mobile and Elevated Work Platforms

This course is CITB approved and each trainee will receive a certificate of attendance on completion.

For further information please contact us on:

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