

ONLINE WORKING AT HEIGHTS TRAINING

This course is specially designed for those whose job requires them to work at heights. This training module provides expert guidance and practical advice to avoid health and safety risks of working at heights.

Course Benefits

- It helps you to better understand the safety risks and hazards of working at heights.
- You'll learn how to use equipment safely and follow best practices to reduce the risk of fall from heights.
- This training helps you stay compliant with regulations and guidelines for working at heights.
- This is more cost-effective than in-person training as it eliminates the need for travel and lose work hours.
- Paves a way to start career in health and safety sector.
- You'll get course completion certificate to prove your competency of work at heights activities.

Who can take this course?

Irrespective of the organization and sector, anyone whose work involves work at heights activities can take this course. Including:

- Workers
- Supervisors
- Team leaders
- Managers
- Owners who care about their employees' health and safety.

Career Opportunities

- Competent work at heights worker
- Scaffolding inspector
- Work at heights supervisor
- Work at heights safety consultant



Course Syllabus

- Introduction to Working at Heights Safety
- The hierarchy of control measures
- Selecting the right means of access and work equipment
- General access scaffolds
- Guard rails, toe boards and brick guards
- Tower scaffolds
- Mobile access equipment
- Suspended access equipment
- Safety nets and soft landing systems
- Rope access techniques
- Safety harnesses
- Edge protection
- Demarcating safe areas
- Ladders and stepladders
- Roof work and fragile surfaces
- Industrial roof work
- Roof truss installation
- Steel erection
- Formwork and reinforced concrete structures
- Falls due to lifting operations
- Demolition
- Falls into Excavations
- Falls in Confined Spaces
- Inspections

Further Progression

[Online Permit to Work System Training](#)

Prerequisites

None

Training Methodology

Online / e-Learning

Training Duration

4 Hours

Final Assessment

Multiple choice questions

Course Completion Certificate

Yes, after successful completion of Final Assessment

Course registration link

<https://www.oyetrade.com/Working-at-Heights-Training.php>

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