

E0005

SECTION E · CONFINED SPACE & WORKING AT HEIGHT

WORKING SAFELY AT HEIGHTS

DURATION	MINIMUM	MAXIMUM	DELIVERY
1 Day	6 Pax	16 Pax	On Site / Centre

Safe work at height covering fall hazard assessment, harness and lanyard selection, anchor points, fall factors and correct use of access equipment.

LEARNING OUTCOMES

01 Understand the hazards and risks of working at heights.

02 Apply the hierarchy of controls for work at height (Avoid, Prevent, Minimize).

03 Use fall protection equipment, including harnesses, lanyards, and anchors.

04 Inspect fall protection equipment before each use.

05 Understand the importance of proper anchor point selection.

06 Follow safe procedures for using ladders, scaffolds, and platforms.

07 Recognize the dangers of falling objects and implement controls.

08 Understand the requirements for working on fragile surfaces.

09 Follow emergency procedures for fall arrest situations.

10 Participate in work at height training and awareness programs.

WHO SHOULD ATTEND

Entrants, attendants, rescue team members, scaffolders and their supervisors

DELIVERY & ASSESSMENT

Classroom instruction with practical exercises, assessed continuously and by end-of-course evaluation against the outcomes above.

ON COMPLETION

Global SPS certificate of training issued to each successful participant, with records retained for client and regulatory audit.

Course content can be tailored to site-specific procedures, equipment and language on request. Contact Global SPS to discuss scheduling and in-house delivery.