



# HS5

## Height Safety Managers and Supervisors

### Ratio

10 students to 1 instructor

### Duration

1 day

### Overview

This course aims to give an understanding of a site supervisor's responsibilities under the relevant legislation. Delegates will be made aware of their individual responsibilities as a site supervisor when managing, supervising or planning work at height activities, the importance of being aware of on-site hazards and how to manage them effectively.

The course is designed to encourage the delegate to think logically, assess and plan work at height to ensure safety and compliance.

All courses provided by 3M Safety Training are designed to ensure the delegates attain maximum benefit from their attendance. In order to achieve this goal, the course can be tailored with the involvement of those attending, to ensure that all information and instruction is relevant and, where possible, addresses any specific height safety issues being faced.

### Prerequisites

Delegate should preferably have experience of working at height.

### Who Should Attend

Site managers and supervisors, as well as any person who holds responsibilities for staff and / or activities being undertaken at height should attend this course. Additionally, people who manage teams from an office based location would also benefit from attending this course.

### Course Objectives & Content

- Understand the legislative requirements placed upon them
- Understand the risks posed to the employee and employer, when undertaking work at height
- Understanding the environment including work activities – warehouses / construction / rope access / etc.
- Deal effectively with foreseeable health and safety hazards and risks that present themselves in work of this nature
- Risk Assessment, Method Statements and Permits to Work / general safety of employees and visitors
- Understand the content requirement, the creation of a procedure and associated model to allow supervisors to manage their teams effectively
- Understand the hierarchy of controls during activities at height such as collective protection / fall prevention / fall arrest / personal protection
- Requirements when dealing with complex PPE
- Use of on-site fall arrest and work positioning systems and equipment – harnesses / lanyards / helmets etc.
- Use of Access Equipment (e.g. fixed and portable ladders, cherry pickers and scaffolding etc.)
- Use of tethering and prevention of dropping incidents
- Equipment inspection and record keeping requirements – selection, use and maintenance of PPE
- Emergency Arrangements – rescue and emergency procedures, problems of suspension
- Signage and guarding requirements

### Certification

The successful delegate will receive a certificate valid for 2 years.

### Standards

Upon request, training conforms to the provisions established by applicable EN standards.