



HSO

Height Safety Introduction

Ratio

10 students to 1 instructor

Duration

0.5 day

Overview

The aim of this course is to provide those attending with a comprehensive understanding of the requirements of working at height including the use of Personal Fall Protection Equipment (PFPE) using dedicated anchor points, it teaches how to assess the tasks and identify the necessary controls to allow the task to be undertaken safely. Following training students will, be able to identify the dangers of work at height, understand key legislation, understand the various categories of PFPE including its characteristics and limitations.

This course does not cover fall arrest climbing and work positioning on open steelwork, or access and working on rooftops.

Prerequisites

Delegates shall be of 18 years of age or over, be physically fit and have a head for heights.

Who Should Attend

Persons who are required to access and work within low risk working at height environments, such as garage workshops, MEWP baskets (W@H only), construction sites and factories where access is uncomplicated and anchors are easily identifiable (dedicated).

Course Objectives & Content

- Legislation and Standards
- Hazards and Risk encountered when working at height
- Hierarchy of Controls
- Work categories – an introduction to restraint/position/fall arrest techniques
- Equipment characteristics and limitations
- Fitting and use of Personal Fall Protection Equipment (PFPE)
- Personal Protective Equipment pre user inspection, care, traceability and disposal requirements
- Correct care & use of dedicated anchor points
- Awareness of Syncope - what causes it and how to recognise and deal with the effects
- Awareness of how to deal with emergency situations – includes requirement for rescue and emergency procedures

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.