

## OVERVIEW

- This 1 day course is suitable for any persons involved with Working at Height. The aim of the course is to provide the trainee with a working knowledge of how to remain safe in exposed areas of the workplace. The course builds from the basics of how to wear a harness through to safe use of various work positions including work restraint and fall arrest.

## COURSE TYPE

- The course will take place both in the classroom and within our training centre or on site. Practical use of the relevant equipment will be included. A written test and continual practical assessment will confirm that the required standard has been reached.

## CONTENT

- Legislation
- Height awareness
- Correct use of Working at Height equipment
- Care and maintenance of equipment
- Work restraint/positioning/fall arrest
- Basic rescues

## LOCATION

- Training is provided at our training centre in Kent or, for larger groups, on your requested site.

## COURSE REQUIREMENTS

- The only pre-requisites are that candidates must be physically and medically fit, as well as confident with heights.

## COST

- Prices will be confirmed on enquiry. If you wish to make a block booking please contact our training team to discuss group discount.

## CERTIFICATION

- All successful trainees will receive a certificate and ID card covering their training for 3 years.

## MAXIMUM DELEGATES

- 20

## COURSE DURATION

- 1 day



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