



TRAINING THAT DEVELOPS
REAL CAPABILITY



Working at Heights

HS030

Working at Heights

Part 4 and Schedule 5 of the Safety, Health and Welfare at Work (General Application) Regulations 2007 (SI No. 299 of 2007) relating to “Work at Height” sets out a range of requirements as regards various matters including the following:

- Organisation
- Planning and risk assessment of work at height
- Checking of places of work at height
- Avoidance of risks from work at height
- Protection of places of work at height
- Selection of work equipment for work at height
- Condition and stability of structure
- Additional requirements for scaffolding
- Collective safeguards for arresting falls
- Personal fall protection systems
- Ladders
- Inspection of work equipment

This one-day course is designed for personnel who are required to plan, evaluate and carry out work at height as well as supervisors of such work

Duration & Price

Duration: 1 day

Delivery mode: This programme is available In-Company

Dates & Locations

In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.

In-Company Training

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What's covered?

- Introduction to Work at Height
- Legislation applicable to Work at Height including the General Application Regulations 2007 Part 4
- Risk Assessment for Work at Height
- Safe System of Work
- Selection and Use of Personal Fall Protection Systems and Equipment
- Restraint Systems
- Inspecting Fall Arrest Equipment

Who should participate?

- Company personnel who are responsible for the planning, evaluating and work at height
- Environmental, Health and Safety personnel

What will I learn?

Participants achieve the following learning outcomes from the programme;

- Understand the legislative requirements pertaining to working at height including the SHWWA 2005 and the SHWW (General Application) Regulations 2007 Part 4
- Carry out a risk assessment and planned system of work for working at height
- Develop and implement a safe system of work while working at height
- Understand the general safety principles for working at height
- Understand the different types of fall protection systems and equipment available
- Know the maintenance and inspection requirements of personnel fall protection equipment

Tutors



Finbarr Stapleton
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