



Working at height Theory & Practical (ROI)

At a glance...

Assessed Customised Provision

Delivery Method: Theory and Practical

Introduction

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Overview in brief

This course is designed as an awareness of working at height with an optional practical element to comply with the regulations that apply in the Republic of Ireland

The finer details

The Programme (Working at Height Awareness) is delivered over 1/2 day for the awareness section including Assessment, with an anticipated start time at 08:30 and a conclusion at 12:30. There will be a short 15 minute breaks in the morning. Those completing the Practical Programme (Working at Height essentials) as well will be give a 45 minute break for lunch and will have an estimated finish time of 16.30 including practical assessment.

Who should attend?

There is no restriction on entry to this programme apart from having a valid, current Safe Pass Card, but it is up to the employer to determine the competency of the person and it is assumed that the candidate has some experience in the construction industry.

The Programme is aimed at employees who need to be aware of the dangers of working at height or perform working at height activities in the workplace

What will be covered?

- To define working at height
- State the dangers of working at height
- Give examples of accidents working at height



- List the main requirements of the Working at Height Regulations
- List their duties as employees under the Regulations
- State the hazards and risks of Working at Height
- Understand the importance of a hierarchy of control
- Identify safe working platforms and how to use them
- Inspect (Pre-use) and use working at height equipment (Part 2)
- State the difference between arrest and restraint
- Explain your ABC
- Briefly explain fall factors, pendulum effect and suspension trauma
- Identify and inspect a harness (Part 2)
- Don and remove a harness (Part 2)
- Use PPE correctly (Part 2)
- Know the importance of a rescue plan

