



# Working at Heights Instructor (ROI)

## At a glance...

### Customised Provision

Delivery Method:	Theory and Practical
Prerequisites:	Working at Heights Operator Certificate.

### Introduction

This course is designed to provide learners with the knowledge and skills to train employees internally to work safely at height and undertake inspections of their harness and lanyard.

On successful completion of this course learners will receive a certificate of competence. Learners who complete this course are not approved Lantra instructors.

### The finer details

- Session 1 – Introduction to Working at Height in Ireland
- Session 2 – The Physics of the Fall
- Session 3 – Legislation
- Session 4 – EN Numbers / CE Mark / UKCA Mark
- Session 5 – Risks Assessment
- Session 6 – Safe Working Platforms / Ladders
- Session 7 – Scaffolds / Mobile Access Towers / MEWP
- Session 8 – Safe Work Equipment
- Session 9 – Fall restraint / ABC / Fall Factor / Pendulum Effect / Lanyards
- Session 10 – Harness Inspection
- Session 11 – Personal Protective Equipment (PPE)
- Session 12 - Case Studies





## Who should attend?

This Working at Heights Instructor course training programme may be beneficial to those who are required to instructor employees who are required to work at height.

## What will be covered?

### Session 1 – Introduction to Working at Height in Ireland

What is working at height

Examples of working at height

Importance of training

Fatality statistics

### Session 2 – The Physics of the Fall

What is gravity & terminal velocity

Calculating fall distance

Isaac newton's terminal velocity calculation

Impact force calculation

Human fall reaction time

Energy transfer in a fall

### Session 3 – Legislation

Areas of law

The Irish legal and court system

What is meant by reasonably practicable

Training requirements

Definition of competence





Applicable legislation in Ireland

Employers & employees duties

The different types of negligence

Hierarchy of controls

Hierarchy of compliance

Legal requirements for scaffolding & working platforms

Session 4 – EN Numbers / CE Mark / UKCA Mark

Conformance to regulations

EN Markings on harnesses

Different relevant EN markings

List of EN numbers

Session 5 – Risks Assessment

Hazards and risks

Quantitative risk assessment

Risk priority

Types of hazards

Risk assessment

Session 6 – Safe Working Platforms / Ladders

Safe working platform regulations

Definition of ladders

Classification & types of ladders





## Session 7 – Scaffolds / Mobile Access Towers / MEWP

Scaffold management & legal requirements

Safe working load v working load limit

Inspections - GA3 forms

Safety nets / Debris netting / Flame retardant netting / fans

Description of the Beaufort wind scale

Scaffolding Code of Practice

Mobile access towers & construction regulations

Common accidents with mobile access towers

Inspection of mobile access towers & exclusion zones

Comparison weights of typical loads & materials

Mobile Elevating Work Platform (MEWP)

Selection of MEWP

Types of certification for MEWP's

## Session 8 – Safe Work Equipment

What is safe work equipment

Rope grab

Mobile anchor

'A' Frame & dead weight trolleys

Horizontal support line

Bosun's Chair

Tool tethers





Manhole protection

Confined space rescue gantry

Davitt arm & winch

Tripod & winch

Session 9 – Fall restraint / ABC / Fall Factor / Pendulum Effect / Lanyards

Description of fall prevention, restraint & arrest

ABC - (Anchor point, body harness & connecting system)

Fall distance calculation & Fall factor calculation

Anchor requirements & the pendulum effect

Types of lanyards & their EN numbers

Scaffold hooks & quick links

Do's & don't's of lanyards

Session 10 – Harness Inspection

Types of harness & CE / EN references

Harness anchor points

Statutory maintenance of harness equipment

Description of suspension trauma

Suspension trauma straps

Session 11 – Personal Protective Equipment (PPE)

Requirement & type of PPE

Rescue kits



Session 12 - Case Studies



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