

Work at Heights Safety Training



About the course

The course is intended for supervisors, team leaders, and labourers who essentially needed to have an understanding of work at height safety work.

On completion of this course, participants will gain adequate knowledge and skills to deal with work at height works in their respective workplace.

Course Content

- Introduction to Work at Heights
- Legislation and Company Standards and Procedures
- The Hazards and Risks of Working at Height
- Control Measures and Fall Preventions
- Personal Fall Protection Systems
- Personal Fall Protection Equipment
- Anchorage
- Equipment Inspection
- Good Practice
- Practical Skills

Course Duration

1 day training

Participants

Maximum of 15 participants per training

Certification and Validity

Delegates will be issued a HSEPro certificate upon successful completion of the course, validity is 1 year.

For inquiries

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