

The Work at Height Regulations 2005
Working at Height for Designers & Contractors
1 Day Course



Course Aims: To provide designers and construction management with the knowledge and expertise to reduce risks by design, carry out suitable working at height risk assessments, follow the hierarchy of controls and to be able to manage working at height situations safely and with confidence.

Introduction and Setting Course Objectives

Review of Fatalities in the Workplace

General analysis of fatalities highlighting falls from height, falling material and objects, falls from ladders and stepladders.

Work at Height Regulations 2005

Arrangements of the Regulations. Overview of other relevant Regulations. Detailed look at what is meant by working at height.

General Duties Under the Work at Height Regulations

The role of the employer regarding working at height and the equipment to be used. Consultation with employees. Duties of employee to co-operate, taking positive steps to understand the hazards associated with working at height. The effect of the Work at Height Regulations on older legislation.

Assessing the Risks from Working at Height

An outline of the requirements for risk assessment to comply with Regulation 6, including mitigation. Planning the work, choosing the right equipment. Managing the risks from fragile surfaces. Checking on the competency of those involved.

Practical Exercise: Producing a competent risk assessment

Inspecting and Maintaining Work Equipment

The purpose of the inspections, the competency of those carrying out the inspections and the type of information that should be recorded including maintenance schedules.

Requirements for Working Platforms

Stability, loading and requirements for guardrails. Collective safeguards for arresting falls. Requirements for all personal fall protection systems.

Ladders - Scope of use of ladders, inspection, keeping records, safe use of ladders and stepladders

Scaffolds - Erection of scaffolds including scaffold towers. Reference to the new BS EN 12811-1:2003 Standard for Temporary Works Equipment.

Power Operated Work - Safety in the use of Mobile Elevated Work Platforms

Practical Exercise: Consider design risk reduction strategies from a case study

Course Examination: Closed-book multiple-choice examination

Course Review and Conclusion

Course Objectives

Upon completion of the course, delegates should be able to:

- Appreciate the causations of accidents when working at height
- Understand the requirements of the Work at Height Regulations 2005
- Know the requirements relating to the use of ladders, tower scaffolds, scaffolds and mobile elevated work equipment
- Be able to design to reduce working at height risks
- Be able to carry out meaningful risk assessments

Maximum number of delegates: 16