



Working at Height Awareness

According to figures from ROSPA, falls from height are one of the most common causes of both fatal and serious injuries at work

Course Overview

“Working at height” covers any work which is at a level where there is risk of personal injury through falling, be it at, above, or even under, ground level. There is no minimum or maximum measurement when “working at height”.

This course is aimed at employees whose role, or part of their role, involves carrying out “work at height”. It helps businesses to comply with the Working at Height Regulations 2005 by providing employees with the necessary information they require.

Course Syllabus

This course covers the following subject matter:

- Introduction to working at height
- The dangers of working at height
- The Work at Height Regulations 2005
- Summary of the Duty Holder’s responsibilities
- Employer’s responsibilities
- The hierarchy of control
- Avoiding work at height, wherever possible
- Fall prevention, fall arrest, guard rails, minimising consequences
- The need for work at height risk assessments, PPE, selection of appropriate access equipment
- Maintaining 3 points of contact, as well as works of a short duration
- Fragile roofs
- Supply and maintenance of working at height equipment

Course type options:



Tailored



Open



Online

Test Information

For further information contact us on 01782 346300



frequently asked questions...

The Course

Course Delivery	This course is available as an Online, Tailored or Open course
Accreditation	None
Course Length	2 hours (Online); 3-4 hours (Tailored and Open)
Start / Finish Times	To suit
Maximum Group Size	12
Tailored to Specific Requirements	Yes - please provide at the booking stage
Course Material	Handouts are provided on the day (except for Online courses)

Certification

Is there an Assessment?	Multiple-choice question examination and a practical assessment
Are certificates issued?	Yes
Valid for?	3 years (recommended)
When / how are they available?	Available to access from the NUK website upon completion

The Delegates

Prior Knowledge / Prerequisites	Must have good understanding of written and verbal English. Must be physically fit and in good health
Delegate to provide	Everything is provided on the day

The Venue

Course Location	At a venue of your choice or a Now u Know Training Centre
Venue Requirements	Please inform us of any mobility concerns
Non-NUK Venues	Must have adequate space, seating, lighting, welfare, 240v socket and an external area for practical demonstrations, where applicable
Refreshment at NUK Venues	Available on request

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