

## Training Course Outline

### Overview

Course Name:	<b>Working at Height Principles inc. Ladders and Steps Essentials and Mobile Access Towers (if required)</b>
Duration:	0900-1500 (1700 if access tower element required)
Max. number of delegates:	12
Venue requirements (theory session):	Classroom or equivalent area (can be on-stage), with screen/white wall/cyclorama that can be projected on to; tables and chairs; welfare facilities.
Venue requirements (practical session):	Area for practical training that includes a variety of the venue's ladders and step ladders. And if included, the access tower.
Delegates will need:	Safety footwear, gloves (recommended). Hard hats (if access tower included).
Delegates will receive:	A Certificate of Achievement
Delegates should be:	Physically fit, not scared of heights (if to be a user), or suffer from vertigo or dizzy spells

### Objectives

Using theoretical and practical instruction (ladders and access towers, where required), and group activities, explain the relevant key legislation and guidance concerning work at height activities, equipment and emergency procedures. This course includes the safe use of ladders and step ladders element as standard. An mobile access tower element can be added for customers who wish to have their staff trained on an access tower that they own. **Please note that this is not a PASMA course, and delegates will only be trained to use the access tower owned by the organisation.** The course has been developed specifically for activities carried out in performance spaces, and is suitable for users, supervisors, managers, teaching staff and venue owners.

### Course Content (standard course)

- ✓ Accident statistics
- ✓ Key legislation
- ✓ HSE guidance and information
- ✓ The definition of working at height
- ✓ Selecting the right equipment
- ✓ Risk assessment – hierarchy of controls
- ✓ Information on MEWPs, harness use and access towers
- ✓ Ladder and step ladder examples and uses



- ✓ Safety considerations
- ✓ Pre-use and periodic inspections
- ✓ How to set up and use the ladder or steps
- ✓ Practical session – setting-up, climbing and footing
- ✓ Assessment

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### Additional Course Content (with access tower element)

- ✓ HSE guidance and information
- ✓ Selecting the right equipment
- ✓ Risk assessment – hierarchy of controls
- ✓ Types of access tower
- ✓ Information on the component parts
- ✓ Safety considerations
- ✓ Pre-use and periodic inspections
- ✓ Approved methods of erection
- ✓ Practical session – erecting and dismantling
- ✓ Assessment

