

## GWO Working at Height and Manual Handling Training Course Timetable

	Day 1	Day 2
0830	Introduction	Lesson 12 – Cont.
0900	Lesson 1 - Legislation	Lesson 14 – Risks / Hazards
0930	Lesson 2 - Harness	Lesson 15 – PPE review
1000	Lesson 3 – Fall prevention	Lesson 16 – Rescue devices
1030	Lesson 4 – Vertical fall arrest systems	Lesson 17 – Rescue exercises
1100	Lesson 5 – Fall arrest lanyards	
1130		
1200	Lesson 6 – Dropped objects	
1230	Lunch	Lunch
1300	Lesson 7 – Self retracting lifelines	Lesson 17 – Cont.
1330	Lesson 8 – Measures to prevent injury	
1400	Lesson 9 – Practical exercises	
1430		
1500	Lesson 10 – Manual handling principles and injuries	
1530	Lesson 11 – Manual handling controls and techniques	
1600		
1630	Lesson 12 – Emergency procedure	Training review