

0845-0900	Introduction
0900-0915	Lesson 1 – Stats, Legislation and Definition
0915-0945	Lesson 2 – Hazards and Controls
0930-0945	
0945-1000	Lesson 3 – Access Systems
1000-1015	
1015-1030	
1030-1045	Break
1045-1100	Lesson 4 – Personal Equipment
1100-1115	
1115-1130	
1130-1145	
1145-1200	
1200-1215	Lesson 5 – Other Considerations
1215-1230	
1230-1300	Lunch
1300-1315	Practical Session
1315-1330	
1330-1345	
1345-1400	
1400-1415	
1415-1430	
1430-1445	Break
1445-1500	Practical Session
1500-1515	
1515-1530	
1530-1545	
1545-1615	Written Assessment and End of Course Evaluation