

| Lesson | Time (mins) | Theory (T) Practical (P) Discussion (D) | Subject |
|----------------------|-------------|---|--|
| | 20 mins | T / D | Introductions |
| 1 | 320 | T / D | <p>Use appropriate knowledge for working at height</p> <ul style="list-style-type: none"> • Main principle of health, safety, environmental legislation and approved codes of practice for working at height • Hazards and risks associated with work at height including (fragile roofs and radio frequency hazards, weather, task specific hazards) • Methods of reducing risk and injury including the hierarchy of controls relating to working at height • Types of personal fall protection systems and the differences between fall arrest and work restraint. • Understand organisational procedures and practices for controlling risks to health and safety, preparing for working at height and using access equipment, Personal Fall Protection Systems (PFPS) and PPE • Understanding of safety equipment, PPE, harness types and design. • Procedures for rescue, emergency at height or other incidents |
| 2 | 60 | P | <p>Apply industry specific knowledge for working at height</p> <p>Produce evidence relating to suitable and sufficient Safe system of work including: hazards and controls, planning the task and emergency arrangements. This should be done by using the pre-set case studies and the multiple-choice question paper.</p> <p>The evidence produced should demonstrate an understanding of:</p> <ul style="list-style-type: none"> • Obtaining relevant authorisations before commencing work • Establishing exclusion zones • Selection and safe practices for equipment • Correct selection of access equipment • Suitable communication and supervision • Understanding of reporting procedures • Suitable planning should an emergency arise |
| | 30 | T / D | <p>Multichoice written test</p> <p>End of course review</p> <p>End of course evaluation</p> |
| End of Course | | | |