

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
	20	T / D	Introductions
1	40	T / D	<p>Understand Legislation and safety standards Understand risk assessment and use of safe systems of work</p> <ol style="list-style-type: none"> 1. Main principle of health, safety, environmental legislation and approved codes of practice for working at height <ol style="list-style-type: none"> a. Health and Safety at Work Act 1974 b. Management of Health and Safety at Work Regulations c. The Work at Height Regulations d. PPE Regulations e. The Construction (Design and Management) Regulations f. Lifting Operations and Lifting Equipment Regulations (LOLER) g. Provision and Use of Work Equipment Regulations (PUWER) h. First Aid Regulations 2. WAH Hierarchy of controls / planning for emergency 3. Industry standards (MATS)
2	40	T / D	<p>Personal equipment</p> <ol style="list-style-type: none"> 1. Equipment standards 2. Types of personal fall protection systems and the differences between fall arrest and work restraint. 3. Inspecting, fitting, adjusting and the use of safety harnesses correctly and understanding the various types of harnesses and their applications 4. Preparing for working at height using Personal Fall Protection Systems (PFPS) and PPE 5. Fall distances 6. Anchors 7. Maintenance of equipment
3	40	T / D	<p>Other WAH equipment</p> <ol style="list-style-type: none"> 1. Lanyards and fall arrest systems 2. Anchoring of equipment (angles) 3. Edge protection 4. Mechanical descenders 5. Back up devices 6. Work positioning ropes 7. Latchways system 8. Anchoring 9. Retractable lines 10. Rope 11. Slings 12. Knots – Bowline, clove hitch, figure of eight
4	20	T / D	<p>Other considerations and rescue from height</p> <ol style="list-style-type: none"> 1. Suspension syncope (trauma) 2. Rescue principles and procedures 3. Communication

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			<ul style="list-style-type: none"> 4. Types of rescue – Self, Stretcher, Remote rescue / assisted lower, Snatch rescue 5. Casualty management 6. Transferring a casualty
5	270	P	<p>Practical session on working safely at height and rescue (including ongoing practical assessment)</p> <p>Safe use of work positioning equipment</p> <ul style="list-style-type: none"> 1. Safety harness 2. Work positioning lanyard 3. Anchor point <p>Safe use of fall arrest systems</p> <ul style="list-style-type: none"> 1. Safety harness 2. Lanyards (twin fall arrest and single fall arrest) 3. Fixed fall arrest systems 4. Anchor point 5. Climbing techniques <p>Ascend, descend and work safely on towers and masts using appropriate working at height equipment</p> <ul style="list-style-type: none"> 1. Safe use of anchor points and edge protection 2. Safe use of mechanical descenders, secondary back up lines 3. Understand "off-weighting" techniques <p>Rescue from height</p> <ul style="list-style-type: none"> 1. Self 2. Stretcher 3. Remote rescue / assisted lower 4. Snatch rescue <p>Casualty management</p> <ul style="list-style-type: none"> 1. Access an area over an obstacle (handrail etc)
END OF COURSE			