

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
1	210	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 (fragile roofs and radio frequency 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. (Flat roof anchors and temporary lifelines) • Understand organisational procedures and practices for controlling risks to health and safety, preparing for working at height and using access equipment (including ladders), Personal Fall Protection Systems (PFPS) and PPE • Gaining access and working safely on flat and sloping roofs. • Harness types and design. • Procedures for rescue, emergency at height or other incidents
2	180	D / P	<p>Apply industry specific knowledge for working at height</p> <ul style="list-style-type: none"> • Obtain and use correct Safe System of Work for the job (Risk assessment; Method statement; Permit to Work; Rescue plan) • Obtain relevant authorisations before commencing work • Select, inspect and wear PPE in line with manufacturers guidance • Where possible establish and maintain an exclusion zone • Select, inspect, erect, use and dismantle PFPS in line with manufacturers guidance • Safe use of ladders; fixed and portable. • Inspect and set up flat roof anchor and temporary lifelines. • Establish and maintain effective communication throughout work activity • Promptly report any problems out with own responsibility and deal with damaged / defective PPE or PFPS equipment • Inspect and store all work equipment and PPE correctly. • Leave work areas clean, safe, tidy and free of obstructions and potential hazards.
	30	T / D	<p>Written assessment End of course evaluation</p>
End of Course			