

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
	30 mins	T / D	Introductions
2	50	T / D	<ul style="list-style-type: none"> <li>• Hazards and risks associated with work at height Methods of reducing risk and injury.</li> <li>• Hierarchy of controls relating to working at height</li> <li>• Types of personal fall protection systems and the differences between collective and personal measures</li> </ul>
3	20	T / D	<ul style="list-style-type: none"> <li>• Access systems, scaffolding and MEWPS</li> <li>• Safe use of ladders; fixed and portable</li> </ul>
4	60	T / D / P	<ul style="list-style-type: none"> <li>• Select, inspect and wear PPE in line with manufacturers guidance</li> <li>• Select, inspect, erect, use and dismantle PFPS in line with manufacturers guidance</li> <li>• Fall arrest and work restraint</li> <li>• Inspect and store all work equipment and PPE correctly.</li> <li>• Fall factors and hazards associated with falls.</li> <li>• Fixed and temporary anchors</li> </ul>
5	20	T / D	<ul style="list-style-type: none"> <li>• Suspension syncope</li> <li>• Procedures for rescue, emergency at height or other incidents</li> </ul>
6	220	P / D	<ul style="list-style-type: none"> <li>• Practical risk assessment and safe system of work</li> <li>• Inspect and correct use of               <ul style="list-style-type: none"> <li>○ Safety harness</li> <li>○ Fall restraint lanyard</li> <li>○ retractable type fall arrestor</li> <li>○ energy absorbing lanyard</li> <li>○ connectors</li> <li>○ anchor points</li> </ul> </li> <li>• Safe ladder climbing using fall arrest equipment including full body harness, fall arrest lanyards, fall arrest blocks and latchways system</li> <li>• Safe use of work restraint systems near exposed edge</li> <li>• Safe use of work positioning systems for working on ladders</li> <li>• Safe use and installation of portable ladders</li> <li>• Accessing platforms above 2m</li> </ul>
7	30	T	<ul style="list-style-type: none"> <li>• Written assessment</li> <li>• End of course evaluation</li> </ul>
<b>End of Course</b>			