

# ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

## Working at Height Awareness

£15  
ONLY



**i2Comply**  
Health and Safety Awareness Training  
**Working at Height**

Approximate Duration: 1 hour

The content incorporates knowledge requirements and best practice provided by the health and Safety Executive, and is used under the Open Government Licence (OGL).



Health and Safety Awareness Training  
Working at Height

### Duties and responsibilities

The Work at Height Regulations 2005 (WAHR)

Employers and those in control of work at height must assess the risks involved before any work at height is carried out. They must make sure work is properly planned, supervised and carried out by people that have the skills, knowledge and experience to perform the task correctly and safely.

A person who is being trained must work under the supervision of somebody who is competent.

Click on the pictures to see examples of tasks with different competence requirements. Click NEXT to move on.

Click on the pictures for examples of low risk and high risk work at height.

HIGH Risk

LOW Risk

Our online Working at Height Awareness training provides learners with an understanding of the risks associated with working at height so that they are able to minimise the risk of falls and injury by adopting control measures and safe work practices.

This training includes the HSE guidelines on the precautions to take when a risk assessment indicates that ladders are suitable access equipment for a task.

**The approximate duration of this training is 1 hour.**

## PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

A certificate is available for download on successful completion of the assessment.

The assessment is generated from question banks so that the questions change each time a candidate takes the assessment – making the training suitable for initial and refresher training.

There is no limit on the number of attempts at the assessment and informative feedback is given so candidates can learn from their incorrect responses. The assessment.

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## Working at Height Awareness

### WHAT IS WORKING AT HEIGHT?

- The definition of 'working at height'
- Common examples of work at height
- The meaning of the term 'access equipment'
- The number of serious injuries and fatalities involving falls from height
- Other risks and hazards to consider when working at height

### DUTIES AND RESPONSIBILITIES

- Key legislation that aims to keep people safe when working at height
- The duties and responsibilities the Work at Height Regulations 2005 places upon employers and those in control of work
- The duty to carry out inspections of access equipment
- The requirement for emergency procedures
- The duties and responsibilities the Work at Height Regulations 2005 places upon employees
- Other legislation relating to working at height

### ASSESSING AND CONTROLLING THE RISKS

- Why a risk assessment is needed
- The factors considered in a risk assessment
- The hierarchy of control specified in WAHR Regulation 6
- What is meant by collective protection and personal protection, and why collective protection is preferable
- Examples of control measures that can be taken to reduce risks
- The requirement for a three-point hold when a climb is unavoidable

### FALLING OBJECTS

- Measures that you can take to reduce the risk of objects falling
- Why drop zones are needed
- How a light object can cause a severe injury
- The purpose of a drops calculator
- How to estimate the probable severity of injury from the height of the drop and the weight of a falling object

### LADDER PRE-USE CHECKS AND PRECAUTIONS

- The materials that ladders are made of and their advantages and disadvantages
- Ladder standards and labelling
- Things to consider before using a ladder
- When you should check a ladder
- Pre-checks for leaning ladders and step ladders
- HSE guidance on the precautions to take when using leaning ladders and stepladders

### PLANNING YOUR WORK

- The checks to make before you start any work at height
- The need to consider how tools and materials are moved to and from the work area
- Precautions to take while working at height
- The need to consider other hazards associated with working at height

Please note that this is awareness training and does not qualify someone to use access equipment or safety equipment. Additional practical training will be required before a person is competent to work at height.