

Safe Working at Height

Course Aims

It is envisaged that by the end of this course of training the learner will be able to answer questions on and perform the following.

Course Objectives

By the end of the training the Learners will be able to demonstrate:

- They have a basic understanding of industry, the dangers of working in the industry and their responsibilities as an operative
- Be able to define work and identify the hazards of work above ground level and outline the general requirements necessary to control them
- Be able to identify accident causation in work at height
- Have an appreciation of planning and organisation of work at height
- Set up exclusion zone explaining actions required for emergency actions, identifying any hazards
- Identify risks that underground services can present and how people may be affected by them
- Identify and maintain PPE appropriate for safe working at height use
- Demonstrate working at height and explain all safety issues that could raise

Duration

Dependent on experience, we can tailor the training and testing to your requirements.

Pre-Requisites

Learners must be a minimum age of 16 years old.

Personal Protective Equipment

This course consists of theory and practical training and testing and requires learners to bring the following:

- Protective high visibility clothing to BS EN 471:2003
- Safety footwear to BS EN ISO 20345:2004
- Safety helmet to BS EN 397:1995
- General purpose gloves to BS EN388:2121
- Safety glasses to BS EN 166 and of Optical Class 1 with Impact Resistance F

Certification

This competency is valid for three or five years. A NPORS competent operator card, will be awarded to each successful candidate. **Note:** Any person wishing to have their card endorsed with the HSE logo will need to complete a CITB Health, Safety & Environment test within two years of the testing.

Should you have any questions/enquiries regarding this course, please fill out the form at the bottom of the Training page on the [Stobart Rail & Civils website](#) and will we endeavour to respond to you as soon as we can.