



NewGrange

TRAINING & SERVICES LTD

Better People, Better Business®

Safety at Heights Awareness

This aim of this half day course is to provide delegates with the basic theoretical and practical instruction on safely working at heights.

Who should attend?

All staff who are required to work at heights as part of their job.

Course Location: On-Site at your premises

Course Duration: 1 Half Day, 3Hrs
(course date & start time to suit you)

No. of Delegates: 10 delegates max per session

Course syllabus covers:

- Course opening and ice breaker
- Legislation concerning Working at Heights
- PPE Regulations
- PUWER 2
- Pre use inspection of equipment
- Correct method of wearing of equipment
- Support and fixing methods
- Engineered and improvised anchor points
- Suspension trauma
- The need for rescue

Practical demonstrations of fitting and securing items

- The inspection element
- Operative pre-use checks
- Practical exercises with your own specific equipment

Delegates Receive:

Course notes
Certificate of Training
Course Materials

Tel: +44(0) 1562 632143

Fax: +44(0) 1562 632584

email: info@newgrangetraining.co.uk

www.newgrangetraining.co.uk