

# Working Safely at Height

JTN Course Code – HSSE008

## AIM & OBJECTIVES

The aim of this module is to provide the delegates with the knowledge, skills and attitudes to work at height safely thereby minimizing the risk and increasing the chances of survival should a fall occur.

## COURSE CONTENT

**On completion of this module the delegate will be able to demonstrate competence in:**

- Regulations & legislation
- Risk assessment & hazard identification
- Fall protection plans
- Equipment selection & use
- Anchor systems, selecting solid & reliable anchorage
- Fall restraint systems
- Fall arrest systems
- Using energy absorbing lanyards
- Suspension trauma
- Correct use of ladders

**All participants are required to:**

- Conduct a site risk assessment
- Correctly fit a harness
- Climb a fixed ladder using a type #1 fall arrestor
- Use a twin tail lanyard on static line while climbing
- Use an inertia reel
- Establish a temporary anchor point
- Connect to a permanent anchor point

## ASSESSMENT

On completion of the programme the delegates will be subject to a 30 question underpinning knowledge assessment. A pass mark of 80% is required.

## CERTIFICATION

Delegates successfully completing the Working Safely at Height programme will be awarded a JTN Working Safely at Height certificate which has no expiry.

## WHO SHOULD ATTEND

Any person who is working at heights (higher than 2 meters from their feet to the ground, or, within 2 meters of an edge where a fall can take place (ie) rooftops, scaffolding, ladders etc).

## PREREQUISITES

- Attendees will verify compliance with JTN Medical Screening Form
- For this course all delegates are required to provide their own protective clothing (ie) hardhat, safety boots, safety glasses & coveralls etc.

## LOCATION

- JTN Training Centre, Miri, or
- Client's premises if suitable facilities are available\*

## DURATION

1 day

## PARTICIPANTS

Minimum of 4, Maximum of 10

If this overview does not provide the information you require, please get in touch with us at [contact@jtntechnicalservices.com](mailto:contact@jtntechnicalservices.com)

It is important to be as specific as possible about the information you would like, as this will help us to respond accurately and promptly. Where possible, please include a contact telephone number/ Skype screenname so we can contact you to discuss your request when necessary.

\*Additional costings and changes in minimum & maximum participants may apply.

Disclaimer: Every effort has been made to ensure the accuracy of the information in this overview, which is believed to be correct at the time of publication.

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