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Working at Height Safety Training Course Outline by [Czeslawa Wakefield](#)

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It is crucial to be rightly equipped with the right tools, skills and knowledge of the right course for the right job; not only to be successful in that environment but also to be safe at work. Many jobs involve heights which can pose dangers and risks to those who are not alert

Hence, for those who deal with heights in their jobs, a working at height safety training course is highly recommended to bear in mind the possible dangers and risks while taking the best measures to ensure safety and success at work.

Training centers

There may be many training centers in the country but not all are qualified or equipped to handle working at height training courses with an emphasis on safety and health. These must be industrially accredited and municipally approved to conduct the relevant work at height course.

Training centers for work at height courses must be familiar with the needs of the industry especially the construction industry to offer the right work at height course. The training centers must be accredited with the relevant expertise and resources to facilitate the safety course on work at heights. They must be refreshed in their knowledge, skills and handling of safety equipment before conducting the course for others.

Course contents

A good working at heights course would meet the learners's™ needs with the right contents. A work at height safety course need not be long. One day for the basic course is sufficient for those who are involved with heights in their work place.

A good work at heights course on safety does not allow more than 12 participants or learners in one session; this is to ensure that sufficient attention is given to each learner on the course contents and equipment. The course training is to provide learners the right information on working at heights to be safe all the time; there is an appreciation and awareness of the safety legislation and practices taught.

At the end of a good work at heights course, the learners would be informed enough to understand the various statutory regulations, identify the hazards at heights, appreciate safe working practices and understand the best safety measures. Learners would be equipped with the right skills and knowledge to select the best techniques and safety measures for work at heights situations.

The course contents cover health and safety regulations and legislature; work at height environments; edge protection; access equipment selection; accident prevention; scaffolding; safety harness; safety documentation and reports; PPE; fall protection.

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