

Fact Sheet

INTRODUCTION TO WORKING AT HEIGHT



Overview

Falls from height are a leading cause of workplace injuries and fatalities across various industries. This online training course provides a comprehensive introduction to working at height, covering key topics such as risk identification, safe planning, use of access equipment, and the implementation of safe systems of work.



Duration:
40 - 90 minutes



Assessment:
Multiple-Choice
Questions



Price:
£15.00



Certificate:
Yes – Highfield
Completion Certificate

Areas covered

- What is working at height
- Planning work at height
- The work at height hierarchy of control
- Hierarchy activity
- Safe systems for working at height
- Equipment for working at height
- Protective/preventative equipment
- Equipment selection activity
- Rooftops and fragile surfaces
- Voids and holes
- Situational awareness
- Hazard spotting exercise
- Risk assessments
- Knowing when to cease work
- Summary and assessment

Who is it aimed at?

This course is suitable for all employees, especially those in induction or onboarding phases, who need a basic understanding of working safely at height.

