

# Working at Heights Awareness

This course is designed for managers, supervisors and operatives working at heights.

One Day Training to include assessment  
09.00 – 16.30 approx.

The course covers...

- Be aware of accidents that happen while working at heights.
- Relate the general requirements of the Health and Safety at Work 1974 act to their own work activities
- Gain a greater understanding of regulations and guidance relating to working at heights
- Be aware of varied means of access to working at heights
- Carry out a risk assessment relating to working at heights
- Plan further specific work based training to ensure safe systems of work

## Venue

At your place of work or Park Hill Training & Assessment Centre, LE12 7NG.

There are a variety of hotels and farmhouse B & B's all within easy reach of our centre.

Map and Accommodation list can be found on our website's [Contact Us](#) page

## Equipment

For Park Hill Training courses minimal requirement are suitable outdoor clothing/footwear.

Course requirements are listed on the next page for courses taken on your site.

## Pre- Requisites

None



**Park Hill Training & Assessment Centre**

Park Farm, Park Hill Lane, Seagrave, Loughborough, LE12 7NG

T: 01509 815534

F: 0345 5578 498

[www.parkhilltraining.co.uk](http://www.parkhilltraining.co.uk)

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## Venue Requirements (if course is at your site)

### Room/ Area Required

- For theory sessions: A dry, clean and warm room with power supply and tables and chairs for all trainees with an area of clear wall to project onto or freestanding projector screen.
- Flipchart or whiteboard and marker pens.
- A suitable area for working at heights with equipment in good safe working order
  - Equipment to include: selection of ladders including step ladders, and mobile scaffold tower
- Washroom and toilet facilities.
- First Aid Equipment.
- Fire Extinguisher.

### Equipment Required

- PPE for all trainees to include:
  - Suitable clothing, including footwear.

### Other Requirements

- Upon arrival on site the instructor may postpone the training or assessment if the equipment or site are unsuitable. Payment will still be due and there will be an extra cost for the rescheduled day.
- All trainees must be fit enough for the training or assessment.



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