

# WORKING AT HEIGHT TRAINING

# **DELIVERING SAFETY & COMPETENCE SERVICES**



Experienced instructors



Realistic practical exercises and simulation



Develop important skills to perform job safely

Empower Your Workforce To Make The Right Health & Safety Decisions

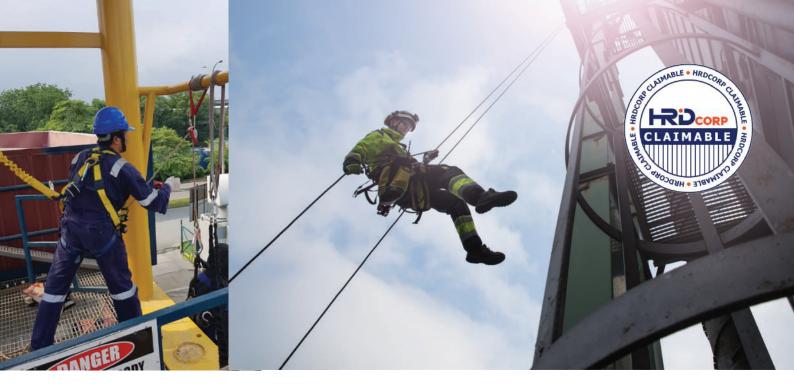


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# Working at Height Level 1

# **Course Aim & Objective**

During the course delegates will gain an awareness of the applicable legislation, the potential hazards and PPE requirements related to Working at Height

#### **Target Group**

This course is designed for personnel exposed to working at height where there is a risk of a fall liable to cause personal injury This includes the work of scaffolders, plant operators, construction workers and maintenance personnel

> Duration 1 Day

Validity 3 Years

# Working at Height Level 3 / Rescue

#### **Course Aim & Objective**

During the course delegates will learn and demonstrate an understanding of the activities and hazards related to Working at Height Delegates will also demonstrate to a level of competence self rescue techniques and apply the various methods of Rescue from Height

#### **Target Group**

This course is designed for personnel designated as Emergency Response Team members in organisation where personnel are exposed to working at height operations

Duration	
1 Day	

**Validity** 3 Years

# Working at Height Level 2

# **Course Aim & Objective**

During the course delegates will gain a basic level of understanding of the applicable legislation, the potential hazards and PPE requirements related to Working at Height delegates will also demonstrate safe practices while working at height **Target Group** 

### This course is designed for personnel exposed to working at height where there is a risk of a fall liable to cause personal injury This includes the work of scaffolders, plant operators, construction workers and maintenance personnel

Duration	Validity
1 Day	3 Years

# Working at Height (E-Learning)

# **Course Aim & Objective**

The aim of this course is to provide you with the knowledge to work at height safely. You will learn about the hazards of working at height, the controls that must be in place to help keep you safe and the Personal Protective Equipment, or PPE, that you must wear whilst working at height.

#### **Target Group**

This course is designed for personnel designated as Emergency Response Team members in organisation where personnel are exposed to working at height operations

Duration	Language
60 Minutes	English, Bahasa Melayu, Thai & more