



Work at heights

Contents of the course - Syllabus

I. Goal

Assure the safety of persons working at height

Know how to use protective equipment to avoid falls from height (scaffolding, harness, fixing point, fixing, life line, ladders, PIR, PEMP)

II. Persons concerned

Personnel working at heights.

Number of participants: 10 to 12 participants

III. Prerequisites

No medical contraindication to work at height

IV. Theoretical content

This list shows the minimum content to be taught, other elements can be added by the applicant.

- ✓ Information and creation of awareness for the risk of falls from height with, preferably, local and Caledonian statistical data
- ✓ Presentation and explanation of regulation (laws, responsibilities of employees...)
- ✓ Definition of risks and consequences from falls from heights
- ✓ List of common protective measures and explanation of the term preferred protection, presentation of mandatory control of equipment and installations, explanation of their use
- ✓ Special presentation concerning stepladders and their use (identification of markings on stepladders or other specific information)
- ✓ Reminder concerning the use of ladders
- ✓ List of common protective measures and explanation of the term protection without priority, presentation of mandatory control of equipment and installations, explanation of their use
- ✓ Explanation of mandatory periodic control of equipment and systematic control by the personnel before use
- ✓ Definition of escape plan (obligation, existence, means, examples...)
- ✓ List of errors to be avoided, forbidden behaviour and risks concerning works at height (falling objects, overlap...)

The pedagogic material should include videos and testimonials with a maximum duration of 15 minutes in total.

The minimum duration for the theoretical part is 4h.

V. Practical part

The practical part of this training includes for each participant :

- control and use of a harness and accessories (including moving at height, swapping places without losing fixing point, choice of fixing point, suspension test)
- visual control and use of scaffolding

During the course harness, lanyards, fall arrests, double lanyard, scaffolding (fixed and mobile) will be used.

The minimum duration for the practical part is 2h.

VI. Total duration

The total duration of the "Work at heights" course is 6h minimum.

VII. Evaluation

In order to determine if a candidate is able to work at heights, a two-step evaluation system is used :

- first, concerning the theoretical part a MCT (based on the taught contents) with 15 to 20 questions has to be passed successfully (80% of correct answers),
- and concerning the practical part, the candidate, after a simple case study, has to choose the adequate protective measure (harness or scaffolding) and control and use it correctly. Evaluation is based on the choice and behaviour of the candidate. If the participant fails, he has to participate in the training again.

VIII. Validity & Recycling

Once obtained, the qualification is valid for 2 years.

No recycling content.