

WORK AT HEIGHT HIGH BAY AND RACKING



HEIGHTWORKS TRAINING

- Duration:** 1 Day (can be made into a 2 day course with the inclusion of rescue at height for high bay and racking).
- Audience:** Any person that would be expected to climb into racking for repair or maintenance purposes.
- Course Aim:** To provide practical experience and education to allow safe access around racking systems.
- Syllabus:**
- Pre use inspection of work at height PPE
 - Harness donning and appropriate use
 - Understanding the principles of work restraint
 - Understanding the principles of fall arrest
 - Understanding the severity of falls whilst using PPE
 - Use of twin energy absorbing lanyards
 - Understanding suspension intolerance
 - Use of self rescue techniques
 - Use of work positioning lanyards
 - Understanding the hierarchy of fall control measures
 - Identifying work at height hazards
 - Identifying task specific hazards
- Prerequisites:** Reasonable level of health, fitness and aptitude.
- Max. Ratio:** 6 Delegates to 1 instructor.
- Certification Expiry:** The certificate is valid for a maximum of three years subject to maintenance of skill level.

Throughout the course, the student will be continually assessed and expected to complete a written and practical examination.

Only on successful completion of the whole course and examination will the candidate be issued with a certificate of competency.

This course is designed and delivered using BS8454 (code of practice for the delivery of training and education for work at height and rescue), IRATA international code of practice and equipment manufacturers technical instructions.

