
Working at Height Training

For more information, visit our [Working at Height Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 3 sections

- 1 Working at Height
- 2 The Risks
- 3 Choosing Equipment

LEARNING OUTCOMES

- ✓ Understand and show your commitment to the Work at Height Regulations 2005
- ✓ Understand the risks associated with working at height and how you can prevent accidents from happening
- ✓ Understand the legal responsibilities that are placed on you and your employer

ABOUT THIS COURSE

In the UK, falls from height account for over a quarter of all workplace fatalities, making it the leading cause of death at work. Add to this 43,000 non-fatal accidental injuries and you begin to get an idea of just how dangerous working at height can be.

However, despite being both common and dangerous, falls from height are also completely avoidable. All it takes is a little extra care, planning, and attention to detail and falls from height can be almost entirely prevented; whilst the effects of those that do still occur can be dramatically reduced.

At its core, this Working at Height Training programme takes the requirements of the **Working at Height Regulations 2005** and the best-practice suggestions of the accompanying **HSE** guidance document and creates a course which is simple and concise yet comprehensive, ensuring that everyone understands their responsibilities and how to stay safe.

The course breaks the topic of working at height down into three easy-to-follow sections; the legal responsibilities of both employers and employees; the dangers associated with work at height and how to stay safe; and an in-depth look at the kinds of equipment which might be used, their benefits, and the risks they pose.

Working in confined spaces? You may also be interested in our [Working in Confined Spaces training course](#), as well as our [Ladder Safety Training](#).