



Work At Height Safety

COURSE CODE : ZMT-HSE-135

COURSE OVERVIEW	The Work at Height Safety Course is a comprehensive one-day program designed to provide participants with the essential knowledge, skills, and confidence required to work safely at heights. Covering the use of platforms such as ladders, scaffolds, and MEWPs (Mobile Elevated Work Platforms), this course ensures compliance with safety standards and promotes workplace efficiency.
TARGET AUDIENCE	This course is tailored for: <ul style="list-style-type: none"> • Line Managers • Supervisors • Workers involved in tasks performed at heights
COURSE OBJECTIVES	Participants will learn: <ul style="list-style-type: none"> • Identify key hazards associated with working at heights • Recommend measures to eliminate or control risks • Select and implement safe access and support systems • Properly use and inspect Personal Protective Equipment (PPE) • Safely operate ladders, scaffolds, and fall arrest systems
COURSE CONTENTS	<ol style="list-style-type: none"> 1. Introduction to Work at Height Safety <ul style="list-style-type: none"> • Roles and Responsibilities: • Employer’s Responsibilities 2. Employee’s Responsibilities 3. Hazards Arising from Work at Heights 4. Work at Height Regulations (Local Legislation) 5. Permit to Work (PTW) Steps for Working at Heights 6. General Safety Requirements 7. Guardrail Systems 8. Safe Use of Scaffolds 9. Ladder Safety 10. Personal Fall Arrest Systems (PFAS) 11. Suspension Trauma 12. Safety Net Systems 13. Roof Work Safety 14. Course Evaluation and Practical Applications
DELIVERY MODE	The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.
DURATION	1 Day
ASSESSMENT CRITERIA	Participants will undergo both practical and theoretical assessments to evaluate their understanding of work at height safety procedures and equipment usage.