

# HIGH ACCESS

Training courses for work **at** height

*Work at Height Basic Safety Training*



## **Work at Height BST**

*Duration: 1 day (~8 hours)*

*Ratio: 1/8*

*Prerequisites:*

- 18 years
- Medically fit and healthy
- First aid training

## **Description:**

This program is aimed at workers and self-employees who have to work in areas offering no protection from falling (roofs, tanks, buildings, vehicles, etc.), or they will use mobile and fixed ladders, elevating work platforms or work baskets, scaffolding, horizontal or vertical lifelines, self-retractable lifelines etc.

The course emphasizes the practical aspects of work at height and focuses on the proper use of Personal Fall Protective Equipment to be used in each case. Participants will also be trained to installation and use of temporary lifelines and in selecting appropriate anchor points.

In accordance with national and European legislation, a very important part of a training course for work at height is the emergency response for rescue and evacuation. Participants will be informed of the suspension trauma effects and the actions to be taken to prevent the aggravation of the casualty's condition.

The final part of the lesson includes rescue from a height using standard and automatic rescue equipment.

## **Course contents:**

- National and European legislation
- Hierarchy of fall protection
- Risk assessment
- Safe working methods
- Personal fall protection equipment
- Pre-use checks of PFPE, buddy check
- Correct fitting and use, SWL, WWL, SF
- Anchor points and anchor systems
- Work and travel restraint
- Calculation of fall distance, fall factor & impact force
- Safe use of mobile and fixed ladders
- Horizontal and vertical lifelines
- Mobile elevating work platforms
- Suspension trauma awareness
- Emergency procedures
- Rescue a casualty using automatic and standard rescue equipment
- Casualty management

## **Assessment:**

The course assessment is by a multiple choice test and practical assessment in rescue procedures.

## **Certification:**

Successful candidates will receive a certificate of attendance and a Safety ID card.

The certificate is valid for three years from the assessment date.

## **Course Director:**

Zafeiriadis Paschalis

*HFMC Instructor*

*First Aid at Work Instructor*

*EOPPEP CN: EB36056*

*IRATA L3 supervisor*

*Our training courses are delivered in accordance with BS8454:2006 – “Code of practice for the delivery of training and education for work at height and rescue”.*