

# Managing Work at Height (MWAH01)

This course is aimed at personnel who are required to manage working at height.

Each delegate will gain knowledge and skills that will enable them to plan and select the correct equipment for working at height and rescue planning activities. Delegates will develop a safe system of work and rescue plan for a given real life scenario.

Delegates can attend our purpose-built Training Academy in Sheffield or, subject to a suitable room being available, the course can be delivered in your normal place of work.

## Course Contents

- Relevant regulations & legislation (Work at Height Regulations 2005)
- Hierarchy of working at weight
- Working at height categories
- Safe system of work planning
- Correct types of personal fall protection equipment (PFPE) including inspection criteria
- Anchor points - horizontal and vertical personal fall protection systems
- Anchor points - eyebolts, mobile anchors
- Installed temporary horizontal and vertical Fall Protection Systems
- Roof access, egress and associated hazards
- Suspension trauma
- Rescue planning

## Learning Outcomes

- Understand the law, legislation and control measures associated with performing a task at height using a fall a restraint/arrest capability
- Select appropriate items of PPE for a given task
- Produce a safe system of work
- Identify different work at height tasks
- Understand suitable anchor points
- Understand the need for correct rescue provision

## Course Assessment

- Written assessment
- Practical assessment



One Day



Maximum of 10 people



Training Academy  
or on-site



Eurosafe Certificate  
Valid for 3 years