

Working at Height & Rescue (CWAH)

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

In recent years, the number of workplace injuries and fatalities from work at height has increased and we are committed to playing our part in the reduction of this figure.

The aim of this Working at Height & Rescue 2-day training course is to up the standard of work at height education, giving a trusted and recognised qualification to anyone who needs to work at height.

Course Contents

Day 1

- Relevant regulations & legislation
- Hierarchy of Working at Height
- Working at Height categories and correct types of Personal Fall Protection Equipment (PFPE)
- Anchor points - horizontal and vertical personal fall protection systems
- Anchor points - eyebolts and mobile anchors
- Harness and lanyard pre-use checks and fitting
- Identify the need for a rescue plan
- Roof access, egress and hazards
- Fixed ladder techniques with fall arrest/ work positioning lanyards
- Practical use of fall protection equipment

Day 2

- Practical use of fall protection equipment
- Rescue planning
- Practical use of Constant Rate Descender rescue kit
- Practical use of fixed ladder & roof rescue of a casualty

Learning Outcomes

- Understand the law, legislation, and control measures associated with performing a task at height using a fall a restraint/arrest capability
- Select, don, and perform a WAH task using appropriate items of PFPE for a given task
- Perform a pre-use examination on a given item of PFPE
- Don and adjust to fit a given item of PFPE
- Perform a pre-use examination on given Fall Arrest and work positioning PFPE
- Ascend and descend a given structure using the appropriate given Fall Arrest PFPE
- Safely adopt a work position mode whilst on a vertical structure
- Traverse multiple safety systems whilst maintaining safe criteria at all times
- Perform a pre-use examination on a given rescue device
- Identify, reach and maintain a safe location to anchor a given rescue device
- Rescue an individual or dead weighted mass located on a vertical structure by lowering using a given rescue device
- Rescue an individual or dead weighted mass located over an edge by lowering using a given rescue device

Course Assessment

- Written assessment
- Practical assessment



Two Days



Maximum of 8 people



Training Academy or on-site



Eurosafe Certificate
Valid for 3 years