

The Height Awareness course is for employees and others who are in control of any work at height activity. You must make sure work is carefully planned, supervised and carried out by competent person'

**Who should attend the Working at Heights course?**

This training course is for people who work in any industries that requires employees and others to use equipment for access, egress and a working platform.

If your job description means that you must work in conditions in which you use a harness, ladders or fall arrest apparatus, then this course is suitable for you.

[Working safely during the coronavirus outbreak](#)

**Height Safety: Course aims and objectives**

To train employees and others of the hazards and risk when working at height  
Introduce collective and individual measures to protect everyone on site

- Hierarchy of control
- Avoid the Risk – Do not work at height if possible
- Prevent falls – By using the correct equipment for the job
- Minimise the consequences of a fall – Take sufficient measures to prevent so far as is reasonably practicable any person falling a distance liable to cause injury.

**Course Content**

- What is work at height (Hierarchy of control)?
- Current legislation and regulations
- Equipment type used for work at height
- Understanding ACOP - SOP - Method statement
- Hazards and risks associated with working at height
- Procedure of inspection and recording of equipment used for working at height
- Step ladders, ladders and multipurpose ladders
- Scaffold and portable towers
- Roofing

**Duration:** 6 hours

**Certification:** Certified through Apple Group Training, CPD, this evidence can be used as continuous professional development within your industry.

**Course location:** Apple Group provide a mobile service which allows us to come to you, we also have training centres in Leeds, London, Birmingham and Glasgow including the use of up to 300 different locations in the UK

**Benefits:** Knowing that your employees, sub-contractors and the self-employed will have received training to the highest standard as per work at height regulations 2005

For a more detailed quote on cost, group bookings, individual open courses, or, [Train the Trainer course](#) please [contact us](#).

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