

COURSE OVERVIEW

Working at Height

TIMHS-113



01892 535 550

www.timelyintervention.co.uk
til@timelyintervention.co.uk

Falls from height remain the leading cause of workplace fatalities in the UK. Each year, thousands more suffer serious harm due to inadequate safety measures.

This course is designed to equip learners with the knowledge and practical skills to work safely at height, whether using ladders, hoists, scaffolding, or mobile lifting equipment. It emphasises the importance of maintaining health and safety standards, understanding legal responsibilities, and applying safe working practices to prevent accidents and protect lives.

Module 1: Assessing the Risk

The Work at Height Regulations 2005 aim to prevent death and injury caused by falls from height.

- The requirements of the law
- Risk assessments
- Precautions required
- Hierarchy of controls
- Method statements

Module 4: MEWPs

Mobile Elevated Work Platforms (MEWPs) are powered access machines designed to safely lift workers to elevated areas for tasks such as maintenance, installation, or inspection. Operated from ground level or within the platform.

- Types of MEWPs
- Training
- Hazards
- Controlling the risk
- Inspection, examination and maintenance

Module 2: Ladders

Working at height remains one of the UK's most significant causes of fatality at work, typically from falling from ladders.

- Actions to take to prevent ladder accidents
- The use of ladder types and ladder safety
- Safety checks to be carried out before ladder use
- Precautions when using a ladder

Module 3: Tower Scaffolds

A tower scaffold is a freestanding, modular structure used to provide safe access for working at height, typically built from lightweight frames, platforms, and guardrails to ensure stability and fall protection.

- Incidents that can occur
- Erection and dismantling
- Stability
- Precautions and inspection
- Using and moving tower scaffolds

Suitable for:

All employees who are required to work on raised platforms, scaffolding or ladders. Managers. Health and Safety Advisors.

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Skills achieved:

- Health and Safety (Intermediate)

Estimated Time:

45 Minutes

Related Resources:

- Accident Management System Assessment
- Ladder Safety Assessments
- MEWP Movement by Crane Assessment
- MEWPs Safe Operation
- MEWPS Site Safety Assessment
- Roof Repairs Assessment
- Scaffold Risk Assessment
- Tower Scaffold Assessment
- Scaffold Safety Audit
- MEWP Movement by Crane Audit
- MEWPS Site Safety Audit
- Roof Repairs Audit
- Tower Scaffold Audit
- MEWP Movement by Crane Checklist
- MEWPs Safe Operation Checklist
- MEWPS Site Safety Checklist
- Tower Scaffold Erection Checklist

Related Courses:

- Understanding Safety Management
- Essentials of Protecting Employees
- Personal Protective Equipment (PPE)
- Ladder Safety
- Risk Management
- Accidents and Reporting
- First Aid Awareness