



Basic Working at Height Training

Introduction:

Falling from heights continued to be the biggest killer in workplaces and 90% of such accidents can be prevented. Throughout the years, many died or suffered serious injury as a result of falling from height at workplaces. All industries are exposed to the risks presented by falling hazard although the level of incidence varies considerably.

The course is designed to provide:

- An outlook of the legislation relating to work at heights & a guide to the options on how to comply
- A background in how equipment can be utilized to achieve this
- The details behind the equipment standards to ensure usage within the intended purpose
- Methods to be adopted for rescue operations with specialised equipment
- The course focuses on a high degree of practical training
- K2 Instructors are fully conversant in training techniques and work at height systems
- Training is fully supported by interesting – to the point DVD's
- K2 provides a practical area which has proven to be valuable in practical aspects of the course

Course Syllabus: Day 1

- Instruction & Training of Personnel
- Working at Height – The Facts
- Legislation – Work at Heights Regulations
- Workplace Safety and Health Act (Singapore)
- Supervision – Roles & Responsibilities
- Design for Safety
- The Fall Protection Plan
- Policy for Fall Protection
- Steps Towards Risk Management
- Risk Control Measures
- Practical Aspects of Risk Assessment
- Access to and Egress from Work Areas
- Edge Protection (Structures & Walkways)
- Practical



Course Syllabus: Day 2

- Fall Protection Systems
- Ladders & Step Platforms
- Working at Rooftops
- Inspection & Maintenance
- Fall Arrest Systems
- Individual Fall Prevention Systems
- Emergency Response
- Accident / Incident Investigation
- Practical





Basic Working at Height Training

Standards:

Working at Height & Rescue Training follows the guidelines of BS 8437: 2005 – Code of Practice for Selection, Use and Maintenance of Personal Protective Equipment for Use in the Workplace.

Code of Practice for Working Safely at Height; Issued by WHS Council, Singapore.

Duration :	2 Days
Location :	K2Velosi, Singapore
Entry Requirements:	N/A
Instructor Ratio:	1:12 Maximum (theory) 1:6 Maximum (practical)
Assessment:	Continuous
Certification:	Height Safety Equipment Certificate, Valid for 2 years

