

## WORK SAFELY AT HEIGHTS

*“Empowering Workers to Perform Height-Related Tasks Safely, Effectively, and Legally”*

### Schedule

Venue (InHouse)	Fees
At Your Organization Premises	Ask For The Quotation

► **Available delivery methods:** In-House Training

### Introduction

Working at height remains one of the most hazardous activities across many industries. This course equips participants with the necessary knowledge and skills to safely work at heights, understand legislative requirements, assess risks, and apply correct safety control measures. The training is aligned with national regulations and industry best practices.

### Objectives

By the end of this course, participants will be able to:

- Identify risks associated with working at height
- Understand legal obligations, safety standards, and fall prevention strategies
- Conduct pre-work inspections and risk assessments
- Use fall protection equipment correctly (e.g., harnesses, lanyards, anchor points)
- Follow safe systems of work and emergency procedures

## Why Attend

- Ensure safety and compliance in elevated work environments
- Minimize risks and workplace incidents related to falls
- Gain certification required for employment on sites where height work is performed

## Target Audience

- Construction and maintenance workers
- Oil & gas, utilities, and mining personnel
- Industrial rope access technicians
- Safety officers and supervisors

## Individual Benefits

- Improve personal safety and confidence when working at heights
- Learn how to correctly use fall protection systems
- Increase employability with formal training and certification

## Organizational Benefits

- Meet legal obligations and reduce liability
- Prevent costly injuries and project delays
- Improve safety culture and workforce competence

## Instructional Methodology

- Instructor-led sessions with demonstrations
- Hands-on training using certified safety equipment
- Interactive discussions and group exercises
- Risk assessments, scenario analysis, and practical simulations
- Written and practical evaluations

## Course Outline

### DETAILED 5-DAY COURSE OUTLINE (CUSTOMIZABLE)

**Training Hours:** 7:30 AM – 3:30 PM **Daily Format:** 3–4 Learning Modules **Coffee Breaks:** 09:30 & 11:15 | **Lunch Buffet:** 01:00 – 02:00

#### Day 1: Fundamentals of Height Safety

- Module 1: Introduction to Working at Heights Regulations (07:30 – 09:30)
- WHS laws, Australian Standards, and employer responsibilities
- Module 2: Types of Height-Related Work and Hazards (09:45 – 11:15)
- Ladders, scaffolds, elevated work platforms, roofs, towers
- Module 3: Fall Prevention Strategies (11:30 – 01:00)
- Hierarchy of controls – elimination, substitution, engineering
- Module 4: Group Exercise – Identifying Height Hazards (02:00 – 03:30)

#### Day 2: Risk Assessment and Planning

- Module 1: Job Safety Analysis (JSA) and Safe Work Method Statements (SWMS) (07:30 – 09:30)
- Module 2: Planning and Permits for Work at Height (09:45 – 11:15)
- Module 3: Emergency Planning & Rescue Considerations (11:30 – 01:00)
- Module 4: Case Study – Planning a Safe Height Operation (02:00 – 03:30)

#### Day 3: Fall Protection Systems and PPE

- Module 1: Harnesses, Lanyards, and Fall Arrest Systems (07:30 – 09:30)
- Module 2: Anchor Points and Attachment Techniques (09:45 – 11:15)
- Module 3: Equipment Selection, Use, Inspection, and Maintenance (11:30 – 01:00)
- Module 4: Practical – Donning, Adjusting, and Using Fall Arrest Equipment (02:00 – 03:30)

#### Day 4: Access Methods and Elevated Work Platforms

- Module 1: Working with Scaffolding, Ladders, and Platforms (07:30 – 09:30)
- Module 2: Mobile Elevated Work Platforms (MEWPs) – Safety Procedures (09:45 – 11:15)
- Module 3: Controlling Environmental and Site-Specific Hazards (11:30 – 01:00)
- Module 4: Practical Exercise – Safe Access Setup and Movement at Height (02:00 – 03:30)

#### Day 5: Emergency Response and Assessment

- Module 1: Suspension Trauma, Rescue Plans, and Emergency Equipment (07:30 – 09:30)
- Module 2: Simulated Rescue Scenarios and Evacuation Drills (09:45 – 11:15)
- Module 3: Written Assessment – WHS and Height Safety Knowledge (11:30 – 01:00)
- Module 4: Final Practical Assessment & Certification Wrap-Up (02:00 – 03:30)

## Certification

Nationally Recognized Statement of Attainment: “Work Safely at Heights” – aligned with current industry and legislative requirements.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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