

WORKING SAFELY AT HEIGHTS

“Elevate Safety, Minimize Risk — Work Confidently at Any Height.”

Schedule

Venue	Fees
In-House	ASK FOR THE QUOTATION

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

Introduction

Falls from height are among the leading causes of serious work-related injuries and fatalities across industries. This comprehensive 5-day course provides participants with in-depth knowledge and hands-on training in fall prevention, protective systems, rescue planning, and regulatory compliance. It ensures that those who work at height can do so safely, using best practices and appropriate personal protective equipment (PPE).

Objectives

- By the end of this training, participants will be able to:
- Understand the hazards and risks associated with working at heights
 - Identify suitable fall prevention and protection systems
 - Safely inspect, fit, and use fall protection equipment
 - Perform risk assessments for elevated work areas
 - Implement safe work procedures and emergency response plans
 - Comply with relevant safety legislation and industry standards

Why Attend

This training is essential for anyone who works at height — whether on scaffolding, ladders, rooftops, or elevated platforms. The skills gained can prevent serious injury or death and ensure legal compliance on the job site.

Target Audience

- Construction and Maintenance Workers
- Telecommunication and Powerline Technicians
- Industrial Rope Access Technicians
- Oil & Gas, Mining, and Offshore Workers
- Safety Officers and Site Supervisors

Individual Benefits

- Gain critical life-saving knowledge and practical skills
- Improve safety awareness and reduce accident risks
- Qualify for height-specific jobs with formal certification
- Learn to inspect and use PPE with confidence

Organizational Benefits

- Reduce incidents, downtime, and insurance claims
- Ensure compliance with OSHA, ISO, and national standards
- Enhance workforce competence and safety culture
- Protect your company from legal liabilities and penalties

Instructional Methodology

- Interactive theory presentations and case studies
- Hands-on PPE fitting, anchor point selection, and ladder safety
- Practical fall arrest system setups and mock rescues
- Group discussions, toolbox talks, and real-life scenarios
- Daily quizzes and a final theory/practical assessment

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 Working at Heights

Module 1: Introduction to Working at Heights – Risks and Consequences (07:30 – 09:30)

Module 2: Safety Regulations and Employer/Employee Duties (09:45 – 11:15)

Module 3: Types of Height Work (Scaffolds, Ladders, MEWPs) (11:30 – 01:00)

Module 4: Incident Case Studies and Key Lessons Learned (02:00 – 03:30)

Day 2: Risk Assessment and Hazard Identification

Module 1: Site-Specific Risk Assessment Techniques (07:30 – 09:30)

Module 2: Common Hazards and Hierarchy of Control Measures (09:45 – 11:15)

Module 3: Selecting Appropriate Fall Protection Equipment (11:30 – 01:00)

Module 4: Job Safety Analysis & Permit-to-Work Systems (02:00 – 03:30)

Day 3: Equipment and Systems for Fall Protection

Module 1: Harnesses, Lanyards, Anchor Points – Selection & Inspection (07:30 – 09:30)

Module 2: Fall Arrest vs. Fall Restraint Systems (09:45 – 11:15)

Module 3: Setting Up Temporary Work Platforms and Guardrails (11:30 – 01:00)

Module 4: Practical Workshop: Fitting & Adjustment of Harness Systems (02:00 – 03:30)

Day 4: Safe Work Practices and Emergency Preparedness

Module 1: Safe Use of Ladders, Scaffolds, and Elevated Platforms (07:30 – 09:30)

Module 2: Emergency Rescue Planning for Suspended Workers (09:45 – 11:15)

Module 3: Rescue Equipment and Deployment Techniques (11:30 – 01:00)

Module 4: Practical Exercise: Fall Scenario and Rescue Drill (02:00 – 03:30)

Day 5: Final Review and Competency Assessment

Module 1: Review of Procedures, Regulations & Best Practices (07:30 – 09:30)

Module 2: Theory Assessment (Multiple-Choice Exam) (09:45 – 11:15)

Module 3: Final Practical Evaluation: Harness, Anchor, Access Systems (11:30 – 01:00)

Module 4: Course Debrief, Feedback, Certification Ceremony (02:00 – 03:30)

Certification

Participants who successfully complete all theoretical and practical components will receive a **Working Safely at Heights Certification**, valid for **2 years**, in line with international safety standards (e.g., OSHA, ISO 45001, or local authority regulations).

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: +601116373203	EMAIL: info@mawaevents.net
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