

**Intended for:** For managers, supervisors, clients and specifiers who are required to create, implement and maintain a safe system of work for work at height.

**Introduction:** A comprehensive course with lecture sessions and extensive practical experience which combines detailed content of several specialised modules. Provides a comprehensive all-round knowledge of the requirements of the Work at Height Regulations.

This course includes the "Awareness of Work at Height" syllabus recommended by the Advisory Committee for Work at Height Training (ACWAHT) together with the "Introduction to the use of fall protection equipment" syllabus issued by WAHSA. Provides varied practical experience in the use of fall protection equipment, demonstrations of how to implement the fall protection hierarchy, and how to deal with emergencies.

## CONTENT

**Knowledge:** All of - syllabus TFP0 - Introduction to personal fall protection (WAHSA )  
All of - syllabus TFP2U - Introduction to work at height (ACWAHT)

Additional material relating to managing work at height, including inspection requirements for PPE, emergency planning and methods of use for work restraint, work positioning and fall arrest

Requirements for using temporary and mobile platforms, and collective fall protection such as nets.

**Practical skills:** Use of personal fall protection equipment:  
Work restraint  
Work positioning fall arrest (using lanyards, fall arrest blocks and flexible lines)  
Using guardrails, platforms.  
Rescue after a fall

## Entry Requirements:

**Medical Req:** Physical fitness with no contra-indications for working at height. A self-certified statement of reasonable fitness will be requested prior to attendance.

**Assessment Method:** Written test.

**Course Duration:** 2 days                      **Candidate Ratio:** 1:12

**Revalidation Period:** Certification valid for 3 years.