

## COURSE CONTENT ECITB WORKING AT HEIGHT

Course duration: 1 Day  
Course ratio: 8:1 maximum  
Recertification: 3 years from successful completion of a written and practical assessment

### Course aim

The course is designed to allow candidates to understand and explain working at height, to demonstrate safe working at height practices and to ensure completion of necessary actions after working at height.

### Pre-requisites

The candidate must be a minimum of 18 years old and have appropriate fitness to participate in the practical activity. The practical includes use of harnesses and climbing a training structure.

### Course content

Introduction to general health and safety legislation.

Working at height legislation.

Working at height safely.

Risk Assessments and Method Statements.

Working at height equipment.

Use of P.P.E (personal protective equipment).

Collective and personal fall prevention.

Collective and personal fall arrest.

Multiple choice question paper.

Practical exercise to demonstrate working at height safely and making the work area safe before, during and after working at height.

### Engineering Change