

SAFETYSCOPE

Working at Heights Training



Support & Training

- ◆ WHMIS Training
- ◆ Competent Supervisor
- ◆ JHSC Certification Training
- ◆ Workplace Inspection / Accident Investigation
- ◆ Effective JHSC
- ◆ Lockout / Tagout Energy Hazards

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Version 0515

Fall Hazards are a leading cause of injury in all workplaces and most deaths and injuries occur because required fall protection was either missing or not used. This course will ensure that all participants have the ability to recognize fall hazards and be able to identify and apply controls to reduce their risks of fall hazards. This training program has been developed to fulfill the requirements of the Working at Heights Training Program Standards under the authority of the Chief Prevention Officer (CPO). Two modules, Basic Theory and Practical Equipment, have been designed to allow participants to achieve the learning outcomes set out in the standard.

At the conclusion of the Module 1, the student will be able to:

- Explain the rights and responsibilities related to working at heights under the OHSA
- Recognize working at heights hazards and understand the hierarchy of controls that can be applied
- Identify procedures for warning methods and physical barriers;
- Understand the selection process, inspection procedure and be familiar with safe use of access equipment
- Know the different fall arrest systems, legislative requirements, fall arrest components and inspection process
- There will be a final evaluation on the theory of fall protection

At the conclusion of the Module 2, the student will be able to:

- Identify fall hazards of a floor opening and an open edge
- Select & assemble appropriate controls.
- Identify when fall protection or fall restraint equipment is required
- Select and assemble a fall restraint system using a self-retracting lanyard
- Explain minimum anchorage strengths for fall restraint and be able to identify acceptable anchor points
- Select and assemble fall arrest system appropriate to specific scenarios and understand the importance of rescue planning.
- Practical evaluation on inspecting a fall arrest system
- Final Practical evaluation of donning and fitting fall arrest harness