



TRAINING THAT DEVELOPS  
*REAL CAPABILITY*



Working at Heights

HS030

## Working at Heights

Part 4 and Schedule 5 of the Safety, Health and Welfare at Work (General Application) Regulations 2007 (SI No. 299 of 2007) relating to “Work at Height” sets out a range of requirements as regards various matters including the following:

- Organisation
- Planning and risk assessment of work at height
- Checking of places of work at height
- Avoidance of risks from work at height
- Protection of places of work at height
- Selection of work equipment for work at height
- Condition and stability of structure
- Additional requirements for scaffolding
- Collective safeguards for arresting falls
- Personal fall protection systems
- Ladders
- Inspection of work equipment

This one-day course is designed for personnel who are required to plan, evaluate and carry out work at height as well as supervisors of such work

## Duration & Price

Duration: 1 day

Delivery mode: This programme is available In-Company

## Dates & Locations

*In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.*

## In-Company Training

Please [contact us](#) for more information on our In-Company training options

## What's covered?

- Introduction to Work at Height
- Legislation applicable to Work at Height including the General Application Regulations 2007 Part 4
- Risk Assessment for Work at Height
- Safe System of Work
- Selection and Use of Personal Fall Protection Systems and Equipment
- Restraint Systems
- Inspecting Fall Arrest Equipment

## Who should participate?

- Company personnel who are responsible for the planning, evaluating and work at height
- Environmental, Health and Safety personnel

## What will I learn?

Participants achieve the following learning outcomes from the programme;

- Understand the legislative requirements pertaining to working at height including the SHWWA 2005 and the SHWW (General Application) Regulations 2007 Part 4
- Carry out a risk assessment and planned system of work for working at height
- Develop and implement a safe system of work while working at height
- Understand the general safety principles for working at height
- Understand the different types of fall protection systems and equipment available
- Know the maintenance and inspection requirements of personnel fall protection equipment

## What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on [CourseCheck.com](https://www.coursecheck.com), an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



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