

## **General Working At Height Training Course**

### **BASICS**

General Working at Height training by UK Construction Training can either be carried out at our training centre in London or, provided your premises or site has both an area for the practical training and an indoor room in which to carry out the theoretical elements of the course, we can also conduct the training at any location of your choice nationwide. A minimum of 4 delegates are required for an exclusive training course at your location.

General working at height course that includes; the use of fall protection equipment, the care of fall protection equipment and an examination into the working at height regulations. Course provides awareness of the range of fall protection equipment together with practical experience in the use of the equipment.

### **THE COURSE**

Includes the correct fitting of a safety harness combined with various items of fall protection equipment. Working methods include restraint, work positioning and fall arrest using both fixed and temporary methods.

The course also recognises the hierarchy of fall prevention and protection measures set out in the working at height regulations.

Explains pre-use checks, installations, methods of use and possible defects for specific types of fall protection equipment.

Courses can also be tailored to the specific needs of particular clients. Including though not exclusive to Permanent or deadweight anchors, fixed rail systems, adjustable lanyards with karabiner or scaffold hook, inertia reels and flexible lines.

Successful candidates will be awarded a NARC certificate. Course includes both written and practical assessments.

### **COST**

<b>No of Delegates</b>	<b>Price (per person excl VAT)</b>
1 – 6	£165

I hope this meets with your approval and we look forward to receiving your instruction in the very near future. In the meantime and should you wish to contact us please telephone 0870 8507964 or email [admin@ukconstructiontraining.com](mailto:admin@ukconstructiontraining.com)

Assuring you of our best attention at all times,

UK CONSTRUCTION TRAINING LTD