



# IOSH Working at Height Awareness

## BLENDED LEARNING

Incidents that occur whilst working at height make up the largest percentage of overall injuries offshore\*. This is due, in part, to the nature of the work but also sometimes due to human error. This course aims to educate the learner on correct and safe practice when working at height. The course covers: when it is appropriate to work at height; current legislation that impacts the work; fall protection systems that are commonly used when working at height; and how to formulate and execute an effective rescue plan.

*\*Source: HSE*

- What Working at Height involves
- Relevant legislation
- Typical hazards
- Importance of planning operations
- Fall protection systems
- Safe procedures in ladder use, manriding, scaffolding and MEWPs
- Rescue plans



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## Training Course Objective

This eLearning course provides an overview of safe practices when Working at Height. It will also help prepare learners for practical Working at Height training in the workplace onshore or on-board vessels.

Course topics and activities include:

- Giving an overview of what Working at Height involves
- Outlining the legislation and industry guidance concerning Working at Height
- Outlining the typical hazards involved in Working at Height
- Outlining the hierarchy of controls involved in Working at Height
- Explaining the importance of planning when preparing to Work at Height
- Explaining how to mitigate the hazards of dropped objects during Working at Height
- Providing an overview of fall protection systems
- Outlining the safe procedures involved in ladder use, manriding, scaffolding and Mobile Elevating Work Platforms (M.E.W.Ps)
- Outlining the importance and implementation of a rescue plan.

## Outcome

This course uses media relevant to the marine and subsea sectors. Upon completion of the course and end of course assessment the learner will have gained underpinning knowledge of Working at Height, be prepared to undergo practical training in this subject and will be able to identify Work and Height and how to carry out said work in such a way as to minimise risk of incident or injury. The course also presents the legislation and safe working practices that apply to Working at Height.

## Delivery and Certification

This eLearning course has a duration of 60 minutes. It includes two modules with each module having an assessment which, if passed, will result in an IOSH certificate being issued. The pass mark for this eLearning course is 80% in line with IOSH requirements.

## Pre-requisites

There are no pre-requisites for this eLearning course, although a basic knowledge of HSE topics would be useful.

## Blended Learning

This course has been designed to integrate into practical working at height training in the workplace.



Course certified by IOSH.  
The Institution of Occupational Safety and Health (IOSH) is the only Chartered body for health and safety professionals in the world.