

# TRAINING COURSE WORKING AT HEIGHT

Course Duration

2 Hr 15 Min 15 Sec

Course Language

ENGLISH



VOICE  
NARRATION



IMAGE  
ARTIFACTS



ANIMATED  
ELEMENTS



ATTRACTIVE  
INFOGRAPHICS

## OBJECTIVE OF WORKING AT HEIGHT TRAINING COURSE

The objective of a Working at Height training course is to equip workers with the necessary knowledge and skills to safely perform tasks at elevated levels. This training emphasizes the importance of understanding the risks associated with working at height, including potential falls and other hazards. Workers will learn to identify these risks, use appropriate personal protective equipment (PPE) and implement safety measures such as guardrails, harnesses and safety nets. This training is essential for anyone involved in construction, maintenance, or any work requiring elevation.





## WHY INVEST IN ENVIRONMENT, HEALTH AND SAFETY TRAINING COURSES?

Every successful business recognizes that preventing accidents and health issues at work is a prime consideration and an important factor in protecting its brand and reputation. Tragically, hundreds of people are killed every year from workplace accidents with millions left injured or suffering from health issues. As a result, accident prevention - particularly developing a competent workforce - should be a key priority for any organization.

Providing effective environment, health and safety training is a key to ensuring a competent workforce. It will help you in:

- 01.** Reduce the number of accidents and health issues
- 02.** Satisfy your statutory duties
- 03.** Avoid the financial costs of accidents and health issues
- 04.** Develop a safety culture, where safe & healthy working is the norm

No matter what your industry sector, the nature or size of your business, all workers should be provided with appropriate and suitable health & safety training from senior directors to operatives.

## OUR INNOVATIVE APPROACH

Sheel Technologies creates many environment, health and safety training courses. We provide the EHS training courses with your company logo and information when you buy them. Our courses are designed to empower your workforce and provide individuals with the confidence to address health and safety issues effectively.

We are committed to delivering the highest quality training course videos and we tailor our approach to suit the individual needs of every organization. Each training course video involves a combination of text, images, graphics and animation to ensure that the training is relevant, engaging and enjoyable.



# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION



### WORKING AT HEIGHT

TIME DURATION 24 MINUTES 39 SECONDS

Work at height is defined as any workplace activity conducted, at, above or below ground level, where there is a risk of an employee being injured falling from any height. Falls from height are one of the biggest causes of workplace fatalities and major injuries. More Than 30% of industrial accidents are because of falls from height out of which almost 60% of falls resulted in a death. Working at height is a hazardous activity and operatives can be exposed to risks associated with working at height whilst undertaking daily activities.

### COVERED POINTS

#### INTRODUCTION

#### STATISTICS RELATED TO ACCIDENTS

#### COMMON HAZARDS

#### ROLES AND RESPONSIBILITIES

- Organisation Responsibilities
- Employee Responsibilities

#### REQUIREMENTS

- Planning
- Risk Assessment
- Selecting the Right Work at Height Equipment

#### HIERARCHY OF CONTROL

- Elimination
- Substitution
- Isolation
- Engineering
- Administration

#### GENERAL PRINCIPLES OF SAFETY

#### TYPES OF WORKING AT HEIGHT EQUIPMENT

#### FALL PREVENTION & PROTECTION SYSTEM

- Guardrail and floor covers
- Fall Restraint System
- Fall Arrest System
- Collective Safeguards
- Personal Protective Equipment
- Usage of Ladders, Scaffolds and Work Platforms

#### INSPECTION AND MAINTENANCE OF EQUIPMENT

#### BENEFIT OF WORKING AT HEIGHT TRAINING

#### DOCUMENTATION TO BE MAINTAINED

#### EMERGENCY PREPAREDNESS AND RESPONSE





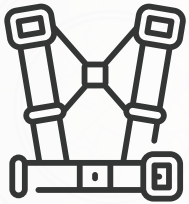
# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION

### FALL PROTECTION EQUIPMENT

TIME DURATION 38 MINUTES 58 SECONDS

In the construction industry, falls from height are one of the most common causes of injuries, and account for the highest proportion of work-related fatalities resulting from accidents every year. Falls from almost any height can result in serious injuries or death. Therefore, it's essential that all work at height is adequately considered and the correct control measures are applied. Fall protection equipment is essential when working at height to prevent or mitigate the risk of falls and protect workers from injuries.



### COVERED POINTS

#### INTRODUCTION

#### FALL PROTECTION EQUIPMENT USE

#### SAFETY HARNESS

- Anchorage
- Lanyard
- How to use safety harness
- Safety harness inspection
- Safety tips for using a full body harness
- Benefits of using safety harness

#### SAFETY NETS

- Classification
- Installation of safety nets
- Safety Measures
- Rescue plan
- Inspection, Repair and Maintenance
- Storage
- Benefits of using Safety Nets

#### GUARDRAILS FOR FALL PROTECTION

- Installing Guardrails
- Components of Guardrail
- Implementing Guardrails
- Removing Guardrails
- Key Points

#### ADDITIONAL FALL PROTECTION SYSTEMS

- Warning Line Systems
- Side Sheeting



# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION



### LADDER SAFETY

TIME DURATION 19 MINUTES 10 SECONDS

Ladders are possibly man's oldest and most universally used tool, for the purpose of gaining access to another level. Each year, many people die or left disabled as a result of workplace ladder accidents. In the United States, one person is killed almost every day by falling from a ladder totaling to approximately 300 deaths and 130,000 serious injuries in single year. Worker's can prevent, or reduce these accidents or injuries, by a little common sense, when choosing, inspecting, climbing, setting up and using ladder.

### COVERED POINTS



#### INTRODUCTION

#### TYPES OF LADDERS

- Step Ladders
- Extension ladders
- Articulated Ladders
- Single/Straight
- Telescoping Ladders

#### LADDER SELECTION

#### PROPER SETUP OF LADDER

- Select the Right Ladder
- Location and Surface
- Proximity to Obstructions
- Ladder Angle
- Secure the Top
- Check for Overhead Hazards
- Ladder Feet
- User Position
- Secure the Bottom
- Clear the Work Area

#### SAFE CLIMBING/EXITING THE LADDER

- Climbing Up the Ladder
- Exiting the Ladder

#### STORAGE & MAINTENANCE OF LADDER

- Ladder Storage
- Ladder Maintenance
- Transporting ladder
- Training and Supervision



# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION

### SAFE USE OF SCAFFOLD

TIME DURATION 14 MINUTES 43 SECONDS

Scaffold is defined as an elevated, temporary work platform. Large number of construction workers, work on scaffolds frequently. Protecting these workers from scaffold-related accidents would prevent a number of injuries and deaths every year. Scaffolding is used in construction, alteration, routine maintenance and renovation. When properly erected and maintained, scaffolding provides workers safe access to work areas, level and stable working platforms and temporary storage for tools and materials.



### COVERED POINTS

#### INTRODUCTION

#### TYPES OF SCAFFOLD

- Supported scaffolds
- Suspended scaffolds
- Other scaffolds

#### HAZARDS

- Raising and dismantling scaffolding
- Lack of guardrails
- Overhead electrical wires
- Planks slipping or breaking
- Rolling scaffolds
- Overloading platforms
- Climbing on scaffolding

#### SAFETY

#### INSPECT & CHECK

#### USE LADDERS FOR CLIMBING

#### ERECTING AND DISMANTLING SCAFFOLD

#### KEY POINTS

- Training and Certification
- Inspection, Proper Assembly
- Stable Foundation
- Guardrails, Fall Protection
- Access, Platform Strength
- Load Capacity, Weather Conditions
- Electrical Hazards, Communication
- Training and Supervision
- Emergency Procedures
- Documentation





# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION



### FLOOR OPENING

TIME DURATION 11 MINUTES 7 SECONDS

Working at height, whether in construction, maintenance, or other industries, often involves encountering floor and wall openings. These openings can vary widely in purpose and design, from stairwells and mezzanines to elevator shafts and windows. While these features provide access, light, and functionality within a building, they can also pose significant safety challenges for workers who operate near or around them. A third of these falls occur when workers run into misplaced or missing floor and wall covers.

### COVERED POINTS



#### INTRODUCTION

#### FLOOR & WALL OPENING EXAMPLES

#### FLOOR OPENING HAZARDS

- Falls through Openings
- Trip and Slip Hazards
- Inadequate or Missing Guardrails
- Weak or Damaged Covers
- Insufficient Warning Signs
- Unsecured or Unprotected Service Pits
- Environmental Hazards
- Inadequate Lighting
- Unsecured Materials

#### WALL OPENING HAZARDS

- Falls
- Unprotected Edges
- Floor Surface Condition
- Obstructed View
- Inadequate Lighting
- Unsecured Materials

#### ACCIDENTS

#### SAFE PRACTICES

- Guardrails and Barriers
- Toeboards
- Safety Nets
- Floor Covers
- Warning Signs and Markings
- Fall Protection Equipment
- Inspections
- Training
- Permits and Procedures
- Rescue Plans



# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION

### AERIAL WORK PLATFORM

TIME DURATION 16 MINUTES 45 SECONDS

Aerial work platforms are powerful machines that help in construction projects and used in almost all industries. If used correctly, these equipment can provide quick and easy access, to work areas that are difficult to reach. In this training aid, we will discuss the basic introduction to aerial work platforms, various uses, types, hazards associated with platforms, and how can we keep ourselves safe, while using Aerial work platforms. Aerial work platforms may have different types of platform, which can be supported by scissors, masts or booms.



### COVERED POINTS

#### INTRODUCTION

#### USES OF AERIAL WORK PLATFORMS

#### TYPES OF AERIAL WORK PLATFORMS

- Man Lift
- Scissors Lifts

#### HAZARDS

- Electrocution
- Fall from elevated level
- Overturning
- Improper work zone setup

#### SAFETY PRECAUTIONS

- Pre Operation Inspection
- Work Zone Inspection
- Safe Operation of AWP

#### TRANSPORTATION

#### TRAINING

#### SELECTING THE RIGHT LIFT

#### BATTERY CARE

#### DO'S & DON'TS





# WORKING AT HEIGHT

## COURSE MODULE DESCRIPTION

### WORKING SAFELY ON FRAGILE ROOF

TIME DURATION 9 MINUTES 53 SECONDS

Working on fragile roof at height is risky activity due to high probability of damage to roof as the fragile roof is not designed to withstand the load of workers. Fall from height is the foremost cause of death in construction work. Falls through fragile roof surfaces are one of the biggest causes of serious injuries. Effective precautions must be taken for all work on or near fragile surfaces. Accidents can be avoided as long as suitable equipment is used and those carrying out the work are provided with adequate training and supervision.



### COVERED POINTS



#### WHAT IS FRAGILE ROOF?

##### HAZARDS - WORKING ON FRAGILE ROOF

- Height
- Types of roofing material
- Degraded material
- Pitch roof and unprotected edge
- Inappropriate/unsecured access to roof
- Bad weather
- Unsecured/loose material on roof
- Unsafe practices

##### RISK - WORKING ON FRAGILE ROOF

##### GENERAL SAFE WORK PRACTICES & CONTROLS

##### SAFETY PRECAUTION

##### SAFETY SYSTEMS

- Board-walk
- Valley-walk
- Roof-walk

##### HIERARCHY OF CONTROL

- Avoidance
- Control
- Communication
- Co-operation

##### FALL PROTECTION EQUIPMENT

- Personal Protective Equipment
- Personal Fall Arrest System
- Fall Restraint or Prevention Equipment



# WORKING AT HEIGHT

## ADDITIONAL SAFETY RESOURCE

# SAFETY SHORTS ANIMATION VIDEOS 14

TOTAL TIME DURATION 19 MINUTES 50 SECONDS



These safety short, engaging animations highlight key safety practices, transforming learning into an interactive and memorable experience. Each video is created to visually communicate essential safety information, making complex concepts easy to understand.

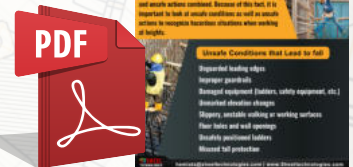
These animation videos combine compelling visuals, clear messaging, and real-world scenarios to reinforce workplace safety protocols. They ensure employees remain informed, aware and proactive about maintaining a safe work environment.

# INTERACTIVE QUIZZES 08



These quizzes are designed to test and reinforce your knowledge, providing immediate feedback to improve learning. Engage learners while ensuring they understand critical safety concepts, making the course both fun and educational.

# INFORMATION FACTSHEET 07



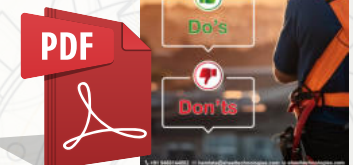
These factsheets provide essential safety information in a concise format, making it easier to understand and follow. Perfect for quick reference, these materials help reinforce safety best practices.

# SAFETY POSTER 14



Designed for display in the workplace, these engaging safety posters reinforce important safety messages, ensuring continuous awareness and promoting a strong safety culture among employees.

# DO'S AND DON'TS 07



These clear and simple lists provide actionable safety tips, helping workers understand essential precautions to take and common mistakes to avoid. An easy-to-follow resource for promoting safe work practices.





## CONTACT US

**CALL: +91 9460144882**



[www.sheeltechnologies.com](http://www.sheeltechnologies.com)



[hemlata@sheeltechnologies.com](mailto:hemlata@sheeltechnologies.com)