

Working at Heights

Total Rescue

Duration: 8 hours **Cost:** \$190 **Course Minimum:** 8 **Course Maximum:** 12

The WORKING AT HEIGHTS training program has been implemented to try to eliminate injuries and deaths from falls, even from heights of no more than 2 meters.

As of April 1, 2015, the MINISTRY OF LABOUR requires that all employers ensure that their workers complete an approved working at heights training program before they can work at heights.

The GOAL of this training is to provide the basic knowledge needed to recognize and avoid hazards associated with working at heights. This training program will help prepare participants to 1) explain their rights and responsibilities when working at heights, 2) work at heights safely and in compliance with all required regulations, and 3) select, inspect, and use industry-standard personal fall arrest equipment, including a harness and lanyard.

Course Details & Objectives

The Working at Heights Training Program Standard has a modular format to allow for core theory training to be completed separately from practical training elements.

Both the Working at Heights Basic Theory module and the Working at Heights Practical Equipment Module are becoming mandatory for workers in the construction industry who use travel restraint systems, fall arrest systems or safety nets as a source of protection against fall hazards.

The GOAL of this training is to provide the basic knowledge needed to recognize and avoid hazards associated with working at heights. This training program will help prepare participants to 1) explain their rights and responsibilities when working at heights, 2) work at heights safely and in compliance with all required regulations, and 3) select, inspect, and use industry-standard personal fall arrest equipment, including a harness and lanyard.

Working at Heights Basic Theory Module - (3-4 hours)

The Working at Heights Basic Theory module contains the following:

- Rights and responsibilities related to working at heights under the
- Occupational Health and Safety Act in Ontario
- General hazard recognition for working at heights,
- Hierarchy of controls,
- Safety procedures for warning methods and physical barriers,
- Safety procedures for ladders and similar equipment; and
- An introduction to personal fall protection equipment.

Working at Heights Practical Equipment Module - (3-4 hours)

- The Working at Heights Practical Equipment module contains the following:
- Barriers and safety nets
- Personal fall protection equipment,
- Anchor points,
- Work positioning systems, work access and platforms; and
- Rescue planning