



RRC's Short Courses

RRC's Short Courses are designed for In-Company delivery. They can be adapted to meet the specific requirements of your organisation and can be delivered in many languages. Below is a summary of the general course content and aims. Contact us if you would like to discuss any adaptations that would benefit your organisation.

Working at Height - Course Summary

RRC's Working at Height Short Course looks at the principles involved with working safely at height and the implementation of suitable risk control systems.

The course is suitable for anyone involved in the planning, supervision or management of work at height.

Course Aims and Objectives

The **RRC Working at Height Short Course** is designed to cover the following topics:

- Definition and dangers of working at height - falls from height, falling materials
- The legal duties imposed by the Work at Height Regulations 2005 and the control approach - Avoid, Prevent, Minimise
- Provide safe access and a safe place of work
- Access equipment - ladders, trestles, scaffolds, hoists
- Statutory inspections of scaffolds
- Precautions against falling materials
- Roof work
- Cradles, boatswains' chairs, rope access and positioning systems
- MEWPs
- Safety nets, belts, harnesses and air bags

Course Duration

1 Day (4-8 Hours)

Contact Information

For further details on this course and any other training requirements, please contact us on:

Course Delivery Options

RRC's Short Courses are designed to be delivered In-Company worldwide. We also offer a choice of In-Person or Live Online delivery.

Website: www.rrc.co.uk/

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