



Working at Height

Training and maintenance
programmes to keep people
safe who work at height

arco[®]



What if...

...you don't keep up with the complex and changeable risk compliance legislation or you need to upgrade your Health and Safety training? Make the wrong choice and you could find yourself on the wrong side of the law.

All the help you need with safety risk management and training, from a single "expert" source.

Arco has been at the forefront of the UK safety business for over a century and has earned the respect and confidence of many people for its knowledge and expertise. Working in partnership with some of today's leading Health and Safety training organisations, Arco now offers an unrivalled range of safety risk management and training services.

Call the Arco SRMS Team on

0870 129 8525

Email

srms@arco.co.uk

or visit

www.arco.co.uk/srms

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What is Working at Height

Some of the worst industrial injuries and fatalities are caused by falls from height, the legal requirements demand that if working at height can not be avoided then the correct training and equipment must be available from the very first day of employment.

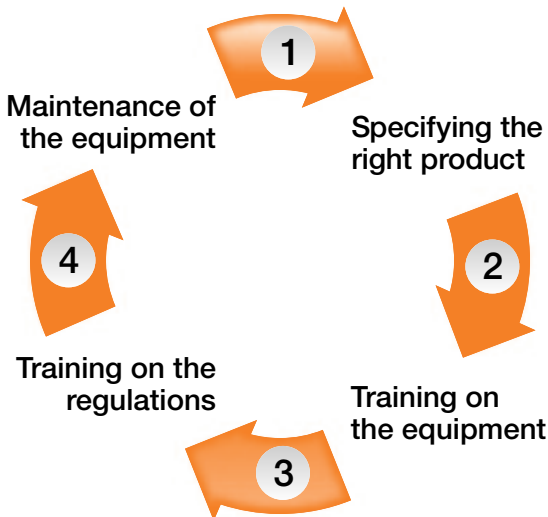
What the law says

The Working at Height Regulations 5 and 6(5)(b) 2005 (amended) stipulate that you must ensure that everyone involved in the work is competent (or, if being trained, is supervised by a competent person). This includes involvement in organisation, planning, supervision, and the supply and maintenance of equipment.

Where other precautions do not entirely eliminate the risk of a fall occurring you must (as far as reasonably practicable to do so) train those who will be working at height how to avoid falling or minimise injury to themselves should they fall.

The complete cycle of care

Arco offers a comprehensive set of services to ensure you are compliant with the law and keep anyone working for you safe and secure.



1. Specifying the right product

Arco has an enviable reputation for supplying and specifying the right equipment for the right job.

Our free technical on-site survey will identify the hazards and risks that are unique to your business.

2. Training on the equipment

Arco will provide the right training course, tailored to the equipment required to meet the identified risk.

3. Training on the regulations

As specified by legislation our courses will include at least a half day session on the regulations and cover emergency rescue.

3. Maintenance of the equipment

Legislation requires that all equipment is maintained by a trained professional. The Arco Safety Risk Management Services team offer a comprehensive scheduled maintenance programme that ensures your equipment remains safe and compliant.

Services Available

From simply reducing the risk of a fall from a ladder to high climbers working on tall buildings, Arco offers a comprehensive range of services for those people who must work at height. To get started call the Arco SRMS team for more advice.

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Ladder Safety

Aim of the course

The objective of the course is to provide candidates with the necessary information in the safe use and inspection of ladders and allied access products.

Syllabus

- Introduction
- Types of ladder
- Ladder defects
- Inspection of ladders
- Carrying and positioning
- Lowering
- Steps and trestles
- Maintenance and storage
- Safety check list
- Practical assessment
- Course review

Duration: Half day

Successful candidates will receive:

- tLA Certificate of Competency
- Photo ID card valid for five years
- Copy of the tLA's User Guide

Mobile Scaffold Tower

Aim of the course

Updated to reflect the requirements of the Working At Heights Regulations, this course provides an understanding of the hazards, and measures required to control the risks. The course content has been compiled under strict PASMA guidelines.

Syllabus

- Introduction
- Health & Safety at Work Act
- Recognition of tower components and their applications.
- Selection of erection and use of ladders
- Provision of bracing, ties, toe boards and hand rails
- Hazards
- Sequence of erection and dismantling
- Use of stabilisers, base plates and ties
- Techniques for re-positioning erected towers
- Inspection of towers

Duration: 1 day

Successful candidates will receive:

- PASMA Competency Certificate
- Photo ID card valid for five years

Roof Top Safety Programme

Aim of the course

Roof top accidents account for the largest number of fatalities in all areas of construction-based activity. This course provides the roof worker with the appropriate knowledge and practical skills to work safely on flat roofs, up to an unprotected leading edge.

Syllabus

- Introduction to working at height and the need for roof top safety training
- Employee guide to height safety legislation, standards and guidelines
- Hazards associated with the roof top environment, risk assessment and avoidance
- Application of personal fall protection systems
- Pre-use inspection procedures
- Equipment connection and adjustment
- Practical application, problem solving and use of workplace Personal Fall Protection Equipment

Duration: 2 Days

Students will receive:

- Climber safety reference manual
- Certificate and photo identification card

Fall Protection for Managers and Supervisors

Aim of the course

To analyse the Working at Height Regulations, 2005 in order to provide appropriate safety planning considerations for effective workplace height safety management.

Syllabus

- Overview of height safety legislation, past and present
- Personal fall protection equipment
- Equipment selection criteria
- Fall clearance and impact force
- Harness fitting and basic usage
- Orthostatic intolerance – Suspension trauma training
- Developing a rescue strategy
- EU fall protection standards
- Work at height risk assessment
- Height safety scenario workshop

Duration: 2 Days

Students will receive:

- Certification valid for three years
- Presentation materials, course folder, plus electronic data

Course Requirements:

- Minimum: working as a manager or supervisor
- An overall awareness of health and safety management

Tool Box Trainer and Personal Fall Protection Equipment Examiner

Aim of the course

To provide companies with their own on-site personal fall protection trainer for non-technical fall protection applications, plus provide Tool Box Trainer with the required knowledge to competently examine, log and maintain workplace Personal Fall Protection Equipment

Syllabus

- Fall Protection Equipment
- Legislation, standards and guidelines
- Selection of fall protection equipment
- Practical use of non-technical PFPE
- Personal fall protection equipment
- Using fall protection equipment
- Pre-use user inspection
- The requirement for competent inspections
- Inspection recording requirements
- Detailed inspection procedures
- Equipment logging and management

Duration: 1 Day

Students will receive:

- Certification valid for three years
- Presentation materials, course folder, plus electronic data

Course Requirements:

- Working as a manager or supervisor

Emergency Evacuation – Toolbox Trainer

Aim of the course

To teach appropriate personnel to deliver toolbox talks on the correct use of controlled-rate rescue

Syllabus

- The need for rescue
- Suspension trauma exposed
- AG10/ RG9 characteristics
- Pre-use checks
- Back-up systems and requirements during training
- Practice descents with units
- Practice casualty retrieval
- Practice and repetition of casualty descents with units
- Practice problem solving
- Practice lowering a casualty away from vertical (tagline)

Duration: 1 Day

Students will receive:

- Certification valid for three years
- Presentation materials, course folder, plus electronic data

Course Requirements:

- Fall protection awareness and practical application
- Valid first aid certificate
- Proven ability to work at height

High Access Rescue

Aim of the course

Preparing for and effecting a rescue at height are often taken for granted. The Working at Height Regulations 2005 make this a mandatory consideration for all high-level work. This course teaches the basic procedures required to either rescue a fallen climber or evacuate an injured party from height.

Syllabus

- The need for rescue
- Establishing a rescue procedure
- Descending
- Releasing a fallen climber
- Rescue hauling systems
- The use of cableway systems

Duration: 2 Days

Students will receive:

- Rescue reference manual
- Course completion certificate
- Photo identification card

Course Requirements:

- All attendees must have successfully completed a climber's safety course prior to this rescue package.

Fall Protection Awareness & Practical Application

Aim of the course

To analyse the Work at Height Regulations, 2005 in order to provide appropriate safety planning considerations for effective workplace height safety management.

Syllabus

- Introduction to working at height and the need for fall protection equipment (FPE)
- User guide to height safety legislation, standards and guidelines
- Principles of personal fall protection systems for travel restraint, work positioning and fall arrest
- Equipment connection and adjustment
- Pre-use inspection procedures
- Practical application, problem solving and use of workplace personal fall protection equipment

Duration: Half Day

Students will receive:

- Personal Fall Protection Guide
- Certification valid for three years
- Photo identification card

Occasional Climbers

Aim of the course

For fall protection equipment users to gain access to and egress from safe working areas on open structures, such as telecommunications towers, pylons and tower cranes.

Syllabus

- Introduction to working at height and the need for fall protection equipment (FPE)
- Legislation, standards and guidelines
- Generic and specific hazard identification
- Working at height categorisation
- User inspection, care and maintenance requirements
- Practical climbing techniques
- Practical restraint, work positioning and fall arrest procedures
- Emergency procedure considerations

Duration: 1 Day

Students will receive:

- Climber safety reference manual
- Course completion certificate
- Photo identification card

Rescue Climber

Aim of the course

To instruct personnel in the fundamental skills required to access open structures (Advanced Climber Skills) and the recovery of a fallen climber from these situations.

Syllabus

- Working at Height legislation, standards and guidelines
- Selection and application of fall protection equipment
- Hazard identification at height
- PFPE user inspection, care and maintenance requirements
- Access to safe work areas
- Structural climbing techniques away from safe work areas
- Rescue equipment and systems
- Practical rescue and evacuation training
- Worker recovery release techniques
- Cableway and tensioning systems, application and use
- Worker recovery and descent via a cable way system

Duration: 3 Days

Students will receive:

- Reference manual
- Course completion certificate
- Photo identification card

Course Requirements:

- Working knowledge of heights

Advanced Climbers

Aim of the course

For technical fall protection equipment users to gain access to and egress from all areas on open structures e.g. telecommunications towers, pylons, and other open lattice steel structures.

Syllabus

- Introduction to working at height – the need for personal fall protection equipment
- Legislation, standards and guidelines
- Hazards associated with high access operations
- Personal fall protection equipment and systems
- Practical climbing techniques away from safe work areas
- Travel restraint, work positioning and fall arrest skills in a practical environment
- Emergency considerations

Duration: 2 Days

Students will receive:

- Climber safety reference manual
- Certificate and photo identification card.

Fall Arrest Equipment Maintenance Service

The PPE Regulations (HSE Document INDG37) reinforce the responsibility that falls on employers to inspect and maintain fall arrest lanyards and other equipment on a regular basis.

The Arco SRMS team are qualified to carryout all the required inspection and maintenance, a service that can be carried out on site or in our specialist workshop.

Expert partnerships

Arco's partnership with Sperian (Miller harnesses), TB Davies and P&P allows us to offer the complete cycle of care when it comes to working at height. All with a complete understanding of their particular field of expertise they have each worked with Arco for a number of years and offer our customers the high quality advice, training and maintenance services that they would expect from Arco partners.

All Arco's expert partners are qualified in the very latest best practice and statutory compliance requirements and use the most up to date, on site, training and maintenance techniques.



Price List

Product Code	Course Name	Duration	Prices From
25F5200	Ladder Safety	Half Day	£800
25F5201	PASMA Registration Fee For Above Course		£35 per person
25F5300	Mobile Scaffold Tower	1 Day	£800
25F5301	PASMA Registration Fee For Above Course		£35 per person
25G0500	Roof Top Access	2 Days	£150 per person
25G0300	Fall Protection for Managers and Supervisors	2 Days	£300 per person
25G0400	Tool Box Trainer and Personal Fall Protection Equipment Examiner	1 Day	£300 per person
25G0900	Emergency Evacuation – Toolbox Trainer	1 Day	£300 per person
25G1000	High Access Rescue	2 Days	£300 per person
25G0200	Fall Protection Awareness & Practical Application	Half Day	£75 per person
25G0800	Rescue Climbers	3 Days	£450 per person
25G0600	Occasional Climbers	1 Day	£150 per person
25G0700	Advanced Climbers	2 Days	£300 per person

For further information...

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Exposure to Hazards
Protecting you and your staff from exposure to hazardous substances



Good Health & Safety Practice Starts in the Boardroom
Occupational health, safety and wellbeing programmes developed for the directors and management of larger enterprises



Personal Protective Equipment Compliance
Comprehensive range of training and maintenance programmes for PPE



Professional Health, Safety and Environmental Qualifications



Workplace Fire Safety
Fire risk consultancy
Fire safety training
Fire extinguisher advice & maintenance



First Aid
Compliance & emergency aid training programmes



Health and Safety Risk Management Programme for Small and Medium Sized Business
Affordable 24/7 support for a fixed monthly fee

