



Support & Training

- ◆ WHMIS Training
- ◆ Competent Supervisor
- ◆ JHSC Certification Training
- ◆ Workplace Inspection / Accident Investigation
- ◆ Effective JHSC
- ◆ Lockout / Tagout Energy Hazards

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SAFETYScope

Working at Heights Training

Prerequisite: Basic Awareness Training as per Regulation 297

This course will ensure that all participants have the ability to recognize fall hazards and be able to identify and apply controls to reduce their risks of fall hazards.

This training program meets the requirements of the Working at Heights Training Program Standards under the authority of the Chief Prevention Officer (CPO).

Two modules, Basic Theory and Practical Equipment, have been designed to allow participants to achieve the learning outcomes set out in the standard.

At the conclusion of the Theory Module 1, the student will be able to:

- Explain the roles and responsibilities related to working at heights
- Recognize hazards and understand the hierarchy of controls that can be applied
- Identify procedures for warning methods and physical barriers;
- Know the different fall arrest systems, fall arrest components and inspection process to identify deficiencies in fall protection equipment.
- Demonstrate how to inspect, safely carry, position and secure and describe steps for safe use. inspections and identify common causes of fall injuries while using a ladder.
- Explain minimum anchorage strengths for fall restraint and be able to identify acceptable anchor points
- Select and assemble fall arrest system appropriate to specific scenarios and understand the importance of rescue planning.
- There will be a final evaluation on the theory of fall protection
- Learners must achieve 75% to advance to the practical module

At the end of Practical Module 2, the student will be able to demonstrate:

- the ability to calculate the total fall distance and fall clearance required to prevent striking the ground or an object. And select & assemble appropriate controls.
- the ability to identify deficiencies in personal fall protection equipment
- the ability to correctly Don and Doff harness and lanyard
- methods to maintain tieoff to an anchor point when changing anchor points safely.
- Final Practical evaluation of donning and fitting fall arrest harness

Learners must achieve 100% to receive a certificate from the Ministry of Labour, Immigration, Training, Skills Development on Skillspass™.