



SAFETY SERVICES

Working at Heights Training Provider ID # WAH-34602

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).



Safety Services

- ◆ Traffic Control Person
- ◆ Traffic Control Program
- ◆ JHSC Certification Training
- ◆ Workplace Inspection / Accident Investigation
- ◆ Competent Supervisor
- ◆ Lockout / Tagout Energy Hazards
- ◆ Confined Space Attendant, Entry and Rescue
- ◆ Chemical Hazard Training
- ◆ WHMIS Training

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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.
- Describe ladder selection, inspection and use.
- 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 must 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 components and describe deficiencies in personal fall protection equipment
- the ability to correctly select appropriate harness and lanyard for fall restraint and for fall arrest.
- ability to don, adjust and doff a harness
- methods to maintain 100 % tie off to an anchor point when changing anchor points safely.

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