



ESTC ACADEMY
**COURSE OUTLINE
WORKING AT HEIGHT**

Topic

1. Legislation & Regulation

- Factory and Machinery Act (FMA)
- Occupational Safety and Health Act (OSHA)
- Organisation & Planning

2. Selection of work equipment for work at height

3. Risk Factors

4. Ladders

- ⇒ Extension ladders
- ⇒ Safe use of ladders
- ⇒ What can go wrong
- ⇒ What to avoid

5. Scaffolding

- ⇒ Safe use of scaffolding

6. Mobile scaffolding

- ⇒ Safe use of mobile scaffolding

7. Power Operated Elevated Working Platforms (E.W.P)

- ⇒ Types of E. W. P's
- ⇒ Safe use of E. W. P's

8. Crane lifted working platform

- ⇒ Safe use of Crane lifted working platform

9. Fall restrains

- ⇒ Types of fall restrains



**ESTC ACADEMY
COURSE OUTLINE**

10. Full body harness

- ⇒ Personnel fall protection
- ⇒ Life line
- ⇒ Lanyard
- ⇒ Fixed Anchorage

11. Full body harness (Cont')

- ⇒ Unacceptable Tie-Off Points
- ⇒ Acceptable Tie-Off Points
- ⇒ FBH inspection
- ⇒ Lanyard inspection
- ⇒ Carabineers inspection

Reach fire ground and carry out safety briefing

ESTC ACADEMY