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Rooftop Access (Worker)

The course will consider various methods of work restraint and fall arrest in order to protect workers when required to work in exposed areas. The delegates will learn the difference between work restraint and fall arrest techniques and therefore coming up with practical solutions to access problems on unprotected rooftops.

Who should attend? Personnel required to use equipment provided for safety whilst working on rooftops and unprotected areas.

Prior knowledge None.

Course content

- Legislation & Regulations
- Legislation affecting work on rooftops
- Activities & accident causation
- Common hazards associated with rooftop activities.
- Roof Top Hazards & and control measures
- Access and egress using ladders (fixed and portable)
- Planning & preparation
- Identifying types of fall arrest and restraint equipment
- Selecting fall arrest and restraint equipment
- Correct fitting of harnesses
- Pre-use inspections
- Shock-absorbing lanyards and fall arrest blocks
- Anchor points and connectors
- Latchway and other fixed systems
- Temporary systems
- Practical on our indoor rooftop training area.
- Multi choice test paper

Duration of course 1 day

Materials All delegates receive course handouts.

Intended outcomes: Delegates who successfully complete the course will receive a certificate of training & ID card valid for 3 years.

Important: While RF is discussed briefly on this course, delegates will still need to attend the Radio Frequency (RF) Safety Awareness course to gain access to Arqiva sites.