



NPORS Working at Height – with harness Course Information

Who is the course for?

Those involved in working at height or in the supervision of people working at height. Working at Height Regulations 2005 stipulates that if your staff work at height you must provide adequate training for the job they do.

The aim of this course is to enable a person to work safely at height and also have an understanding of the current legislation, and the safety essentials for avoidance of the most common types of accidents. Also to introduce the use of fall arrest equipment to raise awareness to:

- The need for protection at height
- The change in working procedures
- Working safely at height (Update on new regulations WAH2005)

Course will concentrate on the use of harnesses but will also briefly cover ladders, powered access and mobile towers.

What experience do I need?

No experience is needed as all training will be provided on the day.

How long is the course?

The training lasts one day with a short assessment at the end of the day to confirm all Theory & Practical Skills / Knowledge taught during the day.

How many people can attend the course?

The maximum number of candidates allowed on each course is 10.

What equipment or machinery will I need to provide?

Equipment for working at heights that is relevant to the type of work to be carried out such as harnesses (**if possible but not necessary**) will need to be provided, and these should be the same ones that will be used on site.

What facilities will be needed for the training?

A classroom will be required for the course theory that can comfortably seat the number of candidates attending and appropriate refreshment & rest facilities. Power point for laptop – assessor will bring his own laptop and projector. Video machine if possible.



Can I claim grant?

Company's who are registered with the CITB may be able to claim grant for the completion of this training if it has been included in a planned and approved training plan.

To find out whether your company is eligible for this and to create a training plan please contact your local grant office whose details can be found on the CITB-ConstructionSkills website at <http://www.citb-constructionskills.co.uk/contactus/areaoffices/index.asp> or from CPQ.

What is the training outcome?

On successful completion of training and testing, the individual will be able to At the to understand:

- a. The Heath & safety at work Act 1974
- b. The various Regulations which support the Act
- c. The need for protection at height.
- d. Types of fall arrest equipment
- e. The correct and safe locations that can be used as anchorage points
- f. Maintenance and care of the equipment including storage
- g. The working methods affected at height.
- h. Risk Assessments

Candidates will be issued an NPORS card.

When I've completed the training and/or assessment is there anything else I need to do?

The qualification issued is valid for 3 years. This course will need to be re-done when it expires.

For further information please contact CPQ on 01403 780500.