



HEALTH SAFETY AND ENVIRONMENT | HSE-013

Working at Height Safety Management

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Course content

Why Attend

Falls from height remain one of the leading causes of workplace fatalities and serious injuries. Effective management requires planning, the right equipment, competent people and supervision.

This Aractech course covers the hierarchy for work at height, risk assessment, scaffolds, ladders, mobile elevating work platforms, roof work, fall protection systems, inspection of equipment and rescue planning. Participants plan safe work at height for typical tasks.

Course Methodology

- Practical presentations
- Incident case studies
- Planning workshops
- Equipment inspection exercises
- Group discussions

Course Objectives

- Apply the hierarchy of control for work at height
- Assess risks for work at height tasks
- Select appropriate access equipment
- Understand fall prevention and fall arrest systems
- Inspect and maintain equipment
- Plan rescue from height

Target Audience

- Supervisors and managers
- HSE professionals

Course content

- Maintenance and construction staff
- Facilities managers

Course outline

Detailed course outline

Day-by-day outline for Working at Height Safety Management.

Day 1 - Work at Height Hazards

- 09:00-09:39 | Falls statistics
- 09:39-10:18 | Legal duties
- 10:18-10:57 | Hierarchy of control
- 10:57-11:00 | Fragile surfaces
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Fragile surfaces (continued)
- 12:05-12:43 | Falling objects
- 12:43-14:00 | Exercise: Task review

Day 2 - Planning and Risk Assessment

- 09:00-09:39 | Planning principles
- 09:39-10:18 | Risk assessment
- 10:18-10:57 | Weather and environment
- 10:57-11:00 | Competence
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Competence (continued)
- 12:05-12:43 | Supervision
- 12:43-14:00 | Workshop: Work at height plan

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Day 3 - Access Equipment

- 09:00-09:39 | Ladders
- 09:39-10:18 | Scaffolds
- 10:18-10:57 | Mobile elevating work platforms
- 10:57-11:00 | Rope access overview
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Rope access overview (continued)
- 12:05-12:43 | Selection criteria
- 12:43-14:00 | Exercise: Equipment selection

Day 4 - Fall Protection

- 09:00-09:39 | Collective protection
- 09:39-10:18 | Personal fall arrest
- 10:18-10:57 | Anchor points
- 10:57-11:00 | Inspection
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Inspection (continued)
- 12:05-12:43 | Rescue planning
- 12:43-14:00 | Case study: Fall incident

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Day 5 - Management Systems

- 09:00-09:45 | Procedures
- 09:45-10:30 | Contractor management
- 10:30-11:00 | Inspections and audits
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Inspections and audits (continued)
- 11:45-12:30 | Training
- 12:30-13:15 | Improvement
- 13:15-14:00 | Capstone: Work at height programme

Seminar dates

Available seminar dates

Live dates and pricing for Working at Height Safety Management generated from the course details page.

Date	Location	Format	Fee
9 - 13 November 2026	Munich	Classroom	€3,225
14 - 18 December 2026	Amsterdam	Classroom	€2,830
18 - 22 January 2027	Frankfurt	Classroom	€1,875
15 - 19 February 2027	Rome	Classroom	€3,460
15 - 19 March 2027	Kuala lumpur	Classroom	€1,925
19 - 23 April 2027	Barcelona	Classroom	€2,815
17 - 21 May 2027	London	Classroom	€2,315
21 - 25 June 2027	Munich	Classroom	€3,225
19 - 23 July 2027	Amsterdam	Classroom	€2,830
16 - 20 August 2027	Frankfurt	Classroom	€1,875

Seminar dates

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Live dates and pricing for Working at Height Safety Management generated from the course details page.

Date	Location	Format	Fee
20 - 24 September 2027	Rome	Classroom	€3,460
18 - 22 October 2027	Kuala lumpur	Classroom	€1,925
15 - 19 November 2027	Barcelona	Classroom	€2,815
20 - 24 December 2027	London	Classroom	€2,315
9 - 13 November 2026	Online / Live	Online / Live	€1,815
14 - 18 December 2026	Online / Live	Online / Live	€1,815
18 - 22 January 2027	Online / Live	Online / Live	€1,815
15 - 19 February 2027	Online / Live	Online / Live	€1,815
15 - 19 March 2027	Online / Live	Online / Live	€1,815
19 - 23 April 2027	Online / Live	Online / Live	€1,815

Seminar dates

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Date	Location	Format	Fee
17 - 21 May 2027	Online / Live	Online / Live	€1,815
21 - 25 June 2027	Online / Live	Online / Live	€1,815
19 - 23 July 2027	Online / Live	Online / Live	€1,815
16 - 20 August 2027	Online / Live	Online / Live	€1,815
20 - 24 September 2027	Online / Live	Online / Live	€1,815
18 - 22 October 2027	Online / Live	Online / Live	€1,815
15 - 19 November 2027	Online / Live	Online / Live	€1,815
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