

# WORKING AT HEIGHTS COURSES



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# TETRA SAFETY SYSTEMS

This course is perfect for those who work from leaning & roof ladders that have already been trained to use and inspect those ladders but are currently operating without any means to prevent a fall.

*"An excellent event, very informative and instructors very good. Tetra system very good".*

Tetra is the UK's leading supplier of ladder safety systems for companies who carry out low risk/short duration work from ladders.

The ladder system allows the user to maintain 3 points of contact at all times.

Tetra's revolutionary ladder safety system is being used in various industries to reduce accidents associated with falls from height.



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**[Tetra Leaning & Roof Ladder Candidate Course \(Level 3 Course\)](#)**

**[Tetra Leaning Ladder Candidate \(Level 1-2 Course\)](#)**



# RESCUE FROM HEIGHT

Those likely to benefit from this course are Operatives, Supervisors, and Managers who will require Rescue at Height training to provide the delegates with the knowledge and experience to rescue a worker suspended by a fall arrest lanyard or casualty from height.

*"Well informed instructors and very good facilities"*

**By the end of the course, candidates will be aware of the following:**

- Fall Arrest
- Positioning techniques
- Anchors
- Using mechanical descenders
- Rescue from height (conscious and unconscious casualties)
- Rescue equipment (casualty immobilisation devices, stretchers, etc.)
- Rope access and rope rescue
- How to follow a rescue plan



Click to watch Video  
Footage from event



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# SAFE AND EFFECTIVE USE OF POWERED ACCESS EQUIPMENT (IPAF ACCREDITED COURSES)

*"Very good! It was better than I expected."*

**At the end of this course candidates will be aware and confident of:**

- Inspecting equipment to ensure they are safe.
- Selecting the correct work equipment and restraint systems.
- Putting on a harness correctly.



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[IPAF Harness use and inspection](#)

[IPAF Mobile Elevated work platform \(MEWP\) Scissor \(3A\) and Boom Lift \(3B and/or 1B\)](#)



# SAFETY FOR THOSE INVOLVED IN THE MOBILE ACCESS TOWER INDUSTRY (PASMA)

Attendees will be able to understand and identify how to assemble, dismantle, relocate and alter an aluminium mobile access tower without risking personal injury to the delegate or others.

*"Good practical, best suited to site managers"*

**At the end of the course candidates will be aware of the following:**

- Legislation, Regulations and Guidance affecting working at height with mobile access towers
- PASMA Code of Practice
- Product Standards EN 1004:2004
- Assembling, altering and dismantling towers incorporating current best practice for fall protection
- Inspection of completed mobile access towers and completion of Tower Inspection Records
- Hazards affecting the use of mobile access towers and how to avoid



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# SYSTEM SCAFFOLD & SCAFFOLD INSPECTION

This course will give candidates a working knowledge of the methods of erection and dismantling of Basic and Complex Scaffolds using Proprietary Systems.

*"Very enjoyable with competent instructors"*

**By the end of the course candidates will be aware of the following:**

- Working at Height Regulations 2005.
- Other current relevant regulations.
- Scaffold components.
- Pre – use checks on components.
- Scaffold measurements.
- Wall Ties.
- Window Ties.
- Planking out scaffold.
- Safe use of ladders.
- Dismantling scaffold.
- Inspecting scaffolding.
- The types and uses of various Proprietary System
- Components



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# HARNESS WEARER & INSPECTION

Provide the candidates with the knowledge and understanding in relation to the use of safety harness and its associated equipment and identification of potential hazards and suitability of personal fall protection equipment.

*"Very useful demo practical and I will consider ITS in the future"*

**By the end of the course candidates will be aware of the following:**

- Be able to identify specific hazards.
- Ensure an adequate risk assessment has been carried out to comply with current legislation.
- Harness Design, Provisions and testing.
- Wearing a Harness as per manufacturers instructions.
- Fall restraint and arrest systems .
- Harness inspection and maintenance.
- Be able to identify defective equipment or systems



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