Training Course on Working at Height Safety

Professional Development Training Course Outline

Category	Occupational Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Working at height is one of the leading causes of workplace injuries and fatalities across industries. Training Course on Working at Height Safety is designed to equip workers, supervisors, and safety professionals with critical knowledge, practical techniques, and compliance strategies to mitigate fall risks. This course emphasizes fall protection systems, risk assessments, PPE usage, and emergency preparedness. Learners will engage with interactive content, case studies, and real-world applications that align with OSHA, ISO 45001, and global safety standards.

Through dynamic learning modules, this course promotes a zero-harm mindset, helping organizations minimize liability while enhancing workforce safety culture. Participants will master the use of guardrails, safety nets, lifelines, and anchorage systems and understand the importance of training certifications and safety audits. Whether you are in construction, telecom, warehousing, or facility maintenance, this course is a must for compliance and operational excellence.

Programme Curriculum

Training Course on Working at Height Safety

Introduction

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Course Objectives

1. Understand OSHA-compliant height safety protocols.
2. Identify common working at height hazards in various industries.
3. Perform thorough risk assessments and hazard identification.
4. Choose and use appropriate fall protection equipment.
5. Implement safe access systems and work positioning techniques.
6. Understand safety harness inspection procedures.
7. Develop rescue plans and emergency response strategies.
8. Ensure regulatory compliance with national and international safety standards.
9. Promote a strong safety culture and accountability in the workplace.
10. Reduce lost-time injuries and accidents at height.
11. Apply behavioral-based safety practices.
12. Interpret real-life incident case studies for proactive improvement.
13. Integrate technology in safety monitoring and reporting systems.

Target Audience

1. Construction Workers
2. Safety Officers and HSE Managers
3. Maintenance Technicians
4. Electrical & Telecom Technicians
5. Facility Management Personnel
6. Project Supervisors and Foremen
7. Industrial Engineers
8. Safety Compliance Consultants

Course Duration: 5 days

Course Modules

Module 1: Introduction to Working at Height

- Definition and overview of height-related work
- Legal framework and regulatory requirements (OSHA, ISO 45001)
- Identification of hazards
- Hierarchy of controls
- Common accidents and statistics
- **Case Study:** Scaffolding collapse at a construction site

Module 2: Fall Hazards and Risk Assessments

- Identifying fall hazards in different environments
- Job Safety Analysis (JSA) procedures
- Dynamic and static risk assessments
- Hazard control measures
- Reporting near misses
- **Case Study:** Telecommunications tower fall risk audit

Module 3: Fall Protection Systems and Equipment

- Types of fall arrest systems (personal and collective)
- Guardrails, safety nets, and anchor points
- Choosing the right PPE for height work
- Equipment certification and markings

- PPE storage and maintenance
- **Case Study:** Improper harness use leads to suspension trauma

Module 4: Safe Work Procedures and Access Systems

- Ladder safety and positioning
- Use of scaffolding and mobile access platforms
- Fall clearance calculations
- Safe Work Method Statements (SWMS)
- Permit-to-work system
- **Case Study:** Ladder misplacement in warehouse maintenance

Module 5: Rescue Planning and Emergency Response

- Importance of having a rescue plan
- Self-rescue vs. assisted rescue
- Vertical rescue techniques
- Post-fall incident management
- Communication tools and alarms
- **Case Study:** Successful rescue using a retrieval system on-site

Module 6: Roles, Responsibilities, and Compliance

- Responsibilities of employers and employees
- Legal implications of non-compliance
- Safety leadership and culture
- Recordkeeping and incident logging
- Internal audits and safety inspections
- **Case Study:** Legal case of employer liability due to PPE neglect

Module 7: Training, Certification, and Monitoring

- Required training and refreshers
- Issuing and tracking certification
- Competency assessment
- Use of technology in safety monitoring
- Safety behavior observation programs
- **Case Study:** Reduction in falls after digital training implementation

Module 8: Case Studies, Best Practices, and Final Assessment

- Review of key incidents and lessons learned
- Compilation of best practices
- Group discussion and simulation exercises
- Final knowledge assessment
- Feedback and improvement planning
- **Case Study:** Company-wide height safety initiative reduces incident rate by 65%

Training Methodology

- Interactive Presentations with Visual Aids
- Hands-On Demonstration with Fall Arrest Systems
- Group Activities and Role-Plays
- Scenario-Based Learning with Real-World Case Studies
- Pre- and Post-Training Assessments
- Virtual Simulation Tools and Mobile Learning Access

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com