



# St John Rescue Corps Training Branch



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## WORK AT HEIGHT HEALTH & SAFETY TRAINING

### OVERVIEW

The aim of this training is to provide participants with the requisite awareness and understanding of health & safety and to help them identify hazards and reduce risks related to work at height in order to perform their work properly and safely.

### OBJECTIVES

By the end of this training, the participants will be able to:

- Demonstrate the understanding of a correct safety attitude to apply for and during work at height.
- Identify relevant workplace health & safety regulations, roles and responsibilities.
- Identify related hazards and risks and preventive measures to apply for Work at Height.
- Demonstrate the understanding of use and care for the fall arrest system and equipment.

### SYLLABUS

#### *Theory*

- Safety attitude
- Relevant health & safety regulations, roles & responsibilities
- Hazards & risks involved with work at height
- Risk assessment
- Personal fall protection system

#### *Practical*

- Use of the personal fall arrest harness
- Use of the various related equipment
- Various procedures to apply

### PREREQUISITES

There are no formal entry requirements for this course.

### INSTRUCTORS

This course is delivered by a qualified Health & Safety Officer/Instructor and a qualified High Angle Instructor.

### DURATION

3 Hours Health & Safety talk  
2 Hours Practical Session (Depending on the amount of participants)

### CERTIFICATE

A certificate of attendance is provided.