

Working at Height — Training Delivery Pack

Deliver in house. About an hour. No external trainer needed.

This is the session content. Work through it, then test with WAH-05 and assess practically with WAH-06.

1. It kills more people than anything else (10 min)

- 31 workers killed by falls in 2025/26, the largest single cause.
- Most are short falls from ladders, stepladders and fragile roofs, not scaffolds.
- There is NO minimum height in the regulations.

2. The hierarchy (10 min)

- Avoid, prevent, minimise. In that order.
- Ask the group what we do at height here that could be done from the ground.
- Fall arrest is the LAST resort, not the plan.

3. Ladders, properly (15 min, practical)

- Short duration, low risk only.
- 1 in 4 angle. Secured. Three points of contact. No overreaching.
- Never stand on the top step of a stepladder.
- Set one up together and get it right.

4. Fragile surfaces (10 min)

- Assume every roof light and cement sheet is fragile until proven otherwise.
- People die every year stepping onto one they did not notice.
- Stagings, covers and barriers. Never walk on it to find out.

5. Rescue (10 min)

- If someone is on a harness, there must be a rescue plan before they go up.
- Suspension trauma develops in minutes. Calling 999 is not a rescue plan.
- Ask: if someone fell here right now on a harness, what exactly would we do?

Trainer	Date	Duration	Location

Scope and limitations — read before use

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