

# Work at Heights

## Introduction

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The "Work at Heights" training course was developed by a team of professionals who wanted to improve efficiency measures and respect for occupational health and safety standards. This 150-minute training course can be taken at any time.

## Description

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Working at heights inevitably exposes workers to an additional level of risk in performing their duties. It then becomes imperative to put in place the necessary and appropriate measures, based on each situation, in order to protect themselves appropriately. Nobody is immune to falling from heights, and, in many cases, it can lead to serious injuries and even death. That is why protection against falls from heights, adapted to the work environment, is mandatory in order to ensure the health, safety and physical integrity of the worker.

## Target Population

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The training course is primarily intended for regular and casual workers who want to perform work at heights. Whether you work in the construction or cleaning field, or you are simply interested in acquiring new skills, this training course is for you.

## Prerequisites

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There is no prerequisite for this training course. No other training or experience is required to take this training.

## Targeted Learning and Targets of Learning Modules

Module 1	Introduction
Module 2	Falling Risks
	<ul style="list-style-type: none"> <li>› Accidents from falling from heights</li> <li>› Protection against falling from heights</li> </ul>
Module 3	Anchor
	<ul style="list-style-type: none"> <li>› Anchor and anchor point</li> <li>› Risks during a fall</li> <li>› Pendulum effect</li> </ul>
Module 4	Fall Arrest Connecting Device (1 of 2)
	<ul style="list-style-type: none"> <li>› Life line</li> <li>› Horizontal life line</li> <li>› Vertical life line</li> <li>› Rope grab</li> <li>› Retractable life line</li> <li>› Mixed life line</li> </ul>
Module 5	Fall Arrest Connecting Device (2 of 2)
	<ul style="list-style-type: none"> <li>› Lanyards</li> <li>› Shock absorber</li> <li>› Safety hook</li> <li>› Joining hook</li> <li>› Linking the connectors</li> </ul>

<b>Module 6</b>	<b>Calculating the Fall Distance</b>
<b>Module 7</b>	<p><b>Safety Harness</b></p> <ul style="list-style-type: none"> <li>› Safety harness</li> <li>› How to wear a safety harness</li> <li>› Harness usage criteria</li> <li>› Storage of the fall arret connecting device</li> </ul>
<b>Module 8</b>	<b>Adjusting a Safety Harness</b>
<b>Module 9</b>	<p><b>Rescue Plan</b></p> <ul style="list-style-type: none"> <li>› Recovering a worker who has had a fall</li> <li>› Harness syndrome</li> </ul>
<b>Module 10</b>	<p><b>Portable Access Equipment</b></p> <ul style="list-style-type: none"> <li>› Types of equipment</li> <li>› Portable ladders</li> <li>› Stepladders</li> <li>› Escalators</li> </ul>
<b>Module 11</b>	<p><b>Portable Access Equipment Selection</b></p> <ul style="list-style-type: none"> <li>› Selection criteria</li> <li>› The duration of the work</li> <li>› The tasks to perform</li> <li>› Equipment material</li> <li>› Height to reach</li> <li>› Work environment</li> <li>› Maximum load capacity</li> </ul>
<b>Module 12</b>	<b>Handling, Maintenance and Storage</b>

<b>Module 13</b>	<b>Suspended or Mechanical Access Equipment</b> <ul style="list-style-type: none"><li>› Tubular scaffolding and steel-frame scaffolding</li><li>› Flying scaffold</li><li>› Forklift platform</li><li>› Aerial lift basket and scissor lift</li></ul>
<b>Module 14</b>	<b>Conclusion</b>

## Evaluation Method of Learning

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The development of the targeted competencies will be evaluated so as to ensure full understanding after each of the modules. To proceed to the next module, it is necessary to correctly answer all the questions of the module in progress. In the event of failure, you will have to take this module again. A series of questions in the form of true or false or multiple choice will be asked throughout the different modules. The success threshold is 100%.



### Note on integrity, plagiarism and fraud

Given the seriousness of the approach and given the importance of the knowledge gained through this training course, the team of OHStraining Inc. encourages you to respect the integrity of the training and its quizzes and suggests that you answer to the best of your knowledge, that is, without help and without plagiarism.

## Teaching and Learning Method

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This training course was created based on the skills training approach. This notion promotes not only the acquisition of knowledge, but also the integration of knowledge in practice. The learning method for this course is online training and focuses on interactivity, dynamism and self-learning. The training will be done at the pace of the learner and according to his/her availability.