



**ESS**  
Training



## COURSE OVERVIEW



Established for over 21 years, ESS are the market leaders in the supply of specialist equipment & services including:

- Safety
- Survey
- Communications
- Test & Measurement

Strategically located around the United Kingdom, ESS are best placed to offer solutions for all of your equipment needs in terms of Rental, Sales, Service and Training. ESS Training work alongside key qualification bodies such as RoSPA, City & Guilds and Qualsafe to provide a range of accredited courses ranging from Confined Space Training and Manual Handling to Working at Heights and First Aid Training.

We can provide tailored training solutions to satisfy your requirements for both theoretical and practical assessments while our qualified and experienced trainers are constantly on hand to provide support and guidance during the training.

📞 0800 000 346

✉️ [esstraining@vpplc.com](mailto:esstraining@vpplc.com)

🌐 [vp-ess.com/training](http://vp-ess.com/training)

# Working at Height Module 1 Safe Work at Height Awareness

### COURSE AIMS:

This course is suitable for operatives who work around but not in working at height situations due to policies and procedures. It allows the delegate to identify a working at height area and understand the procedures and regulations that control it.

### COURSE DURATION & LOCATIONS:

- 1/2 Day – GLH (Guided Learning Hours) 4 hours
- Course starts at 08:45, finishes around 13:00

Aberdeen, Glasgow, Middlesbrough, Castleford, Manchester, Wellingborough, Rainham, Heathrow, Southampton, Exeter.

On-site Training also available upon request.

### COURSE CONTENT:

- This course would be a great starting point for a supervisor to gain some underpinning knowledge about working at height. It will give the student an understanding of what is deemed as a Working at Height activity.
- Working at Height regulations and associated legislation.
- Working at Height hierarchy
- Understanding of risk assessments
- Different types of Working at Height areas including Scaffolding, MEWPs and fragile surfaces
- Spot the problem exercises.



# Additional Information & Course Requirements

## Requirements for Training:

**Personal Protective Equipment (PPE)** - ESS locations require all visitors to wear a minimum the following PPE: Hi-Vis (vest or similar) and Protective Safety Footwear.

For purposes of practical training, it is also a requirement to have Safety Helmet, Gloves, Overalls or similar as well as the Hi-Vis and Safety Footwear.

**Proof of Identity** – Delegate names are to be provided by customer in advance of the course start date. Delegates must provide proof of identity (Driving license, Passport, National Identity Card) which states their full name.

**Physical Health & Fitness** - Delegates must be physically fit to undertake practical training. Consideration should be given to the side effects of medication and temporary conditions such as colds, flu and COVID. If there are any doubts in regard to the fitness of a student reference should be made to a GP.

Delegates must not exceed 136kg in weight as this is the SWL of standard Confined Space & Working at Height equipment used.

**Learning difficulties and language barriers** – A reasonable understanding of the English language is required as all courses will be conducted in English. Arrangements can be made, where notified and registered in advance of the training, for Verbal Assessment for delegates with confirmed disabilities and learning difficulties. Reasonable adjustments may be made on the day subject to available resources.

**Start times** - Delegates must arrive at least 15 minutes prior to the course start time and late arrivals may be refused for training. Delegates due to arrive after this time must contact the ESS Training Team on 0800 000 346.

**Cancellation & Postponement** - Notice of all cancellations or transfers must be in writing and the following terms apply:

Cancellation 30 days or more prior to the course start date: No fees

Cancellation 29-14 days prior to course start date: 10% Service Charge

Cancellation 14-8 days prior to course start date: 50% of total course fee

Cancellation 7 days or less: 100% of total course fee

Non-attendance or delegates that arrive more than 30 minutes after the scheduled course start time and are refused onto a course will be charged 100% of the course fee. Delegate substitutions can be made free of charge at any time before the course start date.

## **Further course information:**

Delegates can download relevant HSE guidance onto their devices to refer to before or after the course by following the link below;

<https://www.hse.gov.uk/work-at-height/index.htm>

For further information on Respiratory Protective Equipment please refer to our Facial Hair & Breathing Apparatus Guidance.

## **FAQs:**

Frequently Asked Questions related to our Work at Height Training courses can be found at -

<https://www.vp-ess.com/training/working-at-heights/>

**Additional information on our Training Services can be found at –**

[ESS | Training Courses | Vp ESS \(vp-ess.com\)](#)

ESS accepts no liability for any injury or accident that results from a delegate/using advice and training they have been given by ESS inappropriately.