



## Working at Heights

Working at heights training is a legislative requirement for all workers who may be exposed to the hazard of a fall from heights. This course will cover the legislative requirements for working at heights. There will be an in-class portion and hands-on practical to allow participants to become proficient in recognizing a fall hazard and be introduced to the equipment available for protecting them from a fall.

The in-class session will include instruction on the following:

- Roles, rights, and responsibilities related to working at heights under the Occupational Health and Safety Act
- General hazard recognition for working at heights
- Hierarchy of controls
- Warning methods, physical barriers and safety nets
- Ladders and similar equipment
- Fall protection systems and equipment

Throughout the course, there will be practical applications of the equipment used in working at heights. All participants will be expected to prove that they are capable of calculating fall distance and clearance, as well as inspecting, donning and using working at heights equipment. They will also have to achieve a pass mark of 75% on the classroom learning checks in order to receive a proof of completion certificate.

There will be a training review that will be made available to all participants for comment on the course material and instructor. The feedback will be anonymous and will be used in the continual improvement of future courses.

Participants will be required to attend the course with their CSA-certified work boots. A valid form of picture government identification is also required.

For attendees of the course with language, literacy or accommodation needs such as having an interpreter present, please contact the Training Centre at 416-242-7551 prior to attending the course.

Reminder: Ensure attendees have completed the Basic Occupational Health and Safety Awareness training under OHSA.