



Element Safety Ltd

WORK AT HEIGHT SKILLS RECORD (WH1)

NAME	COURSE	DATE

Course	THEORY	Initials
WH1	Safe Work at height Legislation	
WH1	What is work at height	
WH1	Planning to reduce to the risk	
WH1	Legal responsibilities	
WH1	Measures to protect people – Hierarchy of risk	
WH1	Avoiding work at height	
WH1	Preventing a fall – collective protection	
WH1	Preventing a fall – personal protection	
WH1	Protecting against fragile surfaces	
WH1	Minimising the consequences of a fall	
WH1	Planning for work at height	
WH1	Personal Protective Equipment	
WH1	ABC of fall protection	
WH1	Anchors – natural & man made	
WH1	Anchors (man made) – permanent & temporary	
WH1	Body wear – Harnesses	
WH1	Correct harness fitting	
WH1	Connecting devices – lanyards, energy absorbers & retractable	
WH1	Work restraint – the pendulum effect	
WH1	Work positioning	
WH1	Fall arrest – energy absorber deployment considerations	
WH1	Fall factors	
WH1	Requirement for a rescue plan & planning for rescue	
WH1	Suspension Syncope – cause, effects & treatment	
WH1	PPE Inspections & recording	
	PRACTICAL	
WH1	Anchor assessment, placement & multi-point anchors	
WH1	Harnesses fitting & lanyard attachment	
WH1	Fall arrest using lanyards & retractable devices	
WH1	Fall arrest with high horizontal lifeline	
WH1	Work positioning with fixed & adjustable lanyards	
WH1	Work restraint with fixed point & single lanyard	
WH1	Work restraint with horizontal lifeline	
WH1	Suspension Syncope – self and colleague assistance	
	FIT AND WELL	

Student Signature	Instructor Name	Instructor Signature