

Work at heights

🕒 Duration : 150min

FRENCH

ENGLISH

SPANISH

Working at heights inevitably exposes workers to an additional level of risk in performing their duties. 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 audience

She 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.

☰ Teaching and evaluation methods

The learning method for this online training is based on interactivity, dynamism and self-learning. The training will be done at the pace of the learner and according to his/her availability. Your understanding and skills will be evaluated at the end of each module.

You'll need to correctly answer all the questions in the current module, which will be presented in « true or false » or « multiple choice » questions to continue your progress. If you fail, you'll have to repeat the module.



🔑 Legal notice

There are no legal notice associated with this training. No other training or experience is required.

📜 Intellectual integrity

Given the seriousness of the approach and the importance of the knowledge acquired through this training, the team of SSTenligne invites you to respect the integrity of the training and its questionnaires.

We suggests you answer to the best of your knowledge, that is, without help and without plagiarism.

Targeted learning

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Module 1	Introduction
Module 2	Falling risks
	<ul style="list-style-type: none"> - Accidents from falling from heights - Gravitational pull - Protection against falling from heights - Eliminate the risk of falling - Fall arrest system
Module 3	Anchor
	<ul style="list-style-type: none"> - Anchor and anchor point - Risks during a fall
Module 4	Fall arrest connecting devices - Part 1
	<ul style="list-style-type: none"> - Horizontal life line - Vertical life line - Rope grab - Retractable life line - Mixed life line
Module 5	Fall arrest connecting devices - Part 2
	<ul style="list-style-type: none"> - Lanyards - Shock absorber - Safety hook - Joining hook - Linking the connectors



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Module 6	Calculating the fall distance
Module 7	Safety harness
	<ul style="list-style-type: none">– Harness usage criteria– Storage of the fall arrest connecting device
Module 8	Adjusting a safety harness
Module 9	Rescue plan
	<ul style="list-style-type: none">– Recovering a worker who has had a fall– Harness syndrome
Module 10	Portable access equipment
	<ul style="list-style-type: none">– Types of equipment– Portable ladders– Stepladder– Escalator
Module 11	Portable access equipment selection
	<ul style="list-style-type: none">– Selection criteria– Duration of the work– Tasks to perform– Equipment material– Height to reach– Work environment– Maximum load capacity



Targeted learning

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Module 12	Handling, maintenance and storage
Module 13	Suspended or mechanical access equipment
	<ul style="list-style-type: none">– Tubular and steel-frame scaffolding– Flying scaffold– Forklift platform– Aerial lift basket– Scissor lift– Roof work
Module 14	Conclusion

