COURSE OVERVIEW HE0499
Working at Heights

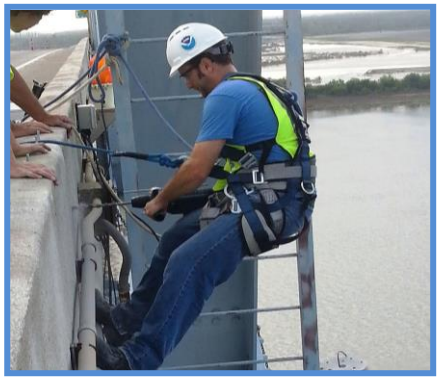
Course Title
Working at Heights

Course Date/Venue
July 07-11, 2025/Glasshouse Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE

Course Reference
HE0499

Course Duration/Credits
Five days/3.0 CEUs/30 PDHs

Course Description



This practical, highly-interactive course includes practical sessions and exercises where participants carryout height operations. Theory learned in the class will be applied using height methods and equipment.

Work at height can expose workers to particularly severe risks to their health & safety and continues to be a major cause of death and serious injury. Employers and duty holders have a duty to protect anyone who might be exposed to these risks by ensuring that any form of work at height is planned, supervised and carried out safely.

Safesite's working at height training course is essential for all those who are responsible for work at height and for the health and safety of others. This specialist course covers all aspects relating to work at height and is designed to provide participants with a thorough understanding of working at height including legislation, safety requirements and working methods.

Further, the course will also discuss the problems associated with safe working at heights; the legislation, employers and employees responsibility and risk assessment; the safe systems working and passive safety systems; and the fall arrest system and fall arrest equipment introduction.

During this interactive course, participants will learn the pre-use inspection and present donning a safety harness; the safe use of associated equipment, anchorage point identification; the horizontal safety systems and vertical safety systems; the temporary safety products; the maintenance and checking of equipment and cleaning & storage

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Apply safety measures and systems in working at heights
- Identify the problems associated with safe working at heights
- Discuss legislation, employers and employees responsibility and risk assessment
- Practice safe systems working and passive safety systems
- Introduce fall arrest system and fall arrest equipment introduction
- Carryout pre-use inspection and present donning a safety harness
- Develop safe use of associated equipment, anchorage point identification
- Differentiate horizontal safety systems and vertical safety systems
- Define temporary safety products
- Manage maintenance and checking of equipment and cleaning & storage

Exclusive Smart Training Kit - H-STK®

*Participants of this course will receive the exclusive "Haward Smart Training Kit" (**H-STK®**). The **H-STK®** consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.*

Who Should Attend

This course provides wider understanding and deeper appreciation of working at heights for designers, facilities managers, supervisors, employees and employers who have a responsibility for or are involved in work at height.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

30% Lectures
20% Practical Workshops & Work Presentations
30% Hands-on Practical Exercises & Case Studies
20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations

Haward's Certificates are accredited by the following international accreditation organizations: -

- British Accreditation Council (BAC)

  Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

- The International Accreditors for Continuing Education and Training (IACET - USA)

  Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

  Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units** (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

  Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:

Mr. Raymond Tegman is a **Senior HSE Consultant** with extensive experience within the **Oil & Gas**, **Petrochemical** and **Refinery** industries. His broad expertise widely covers in the areas of **Rigging** Safety Rules, Machinery & Hydraulic **Lifting Equipment**, Handling **Hazardous Chemicals**, Spill Containment, **Fire** Protection, **Fire** Precautions, **Incidents & Accidents** Reporting, **HSEQ** Audits & Inspection, **HSEQ** Procedures, **Environmental** Awareness, **Waste** Management Monitoring, **Emergency Planning**, **Emergency** Management, **Working at Heights**, **Root Cause Analysis**, **HSE** Rules & Regulations, Process Safety Management (**PSM**), Process Hazard Analysis (**PHA**), Techniques, **HAZOP**, **HSE** Risk, **Pre-Start-up Safety** Reviews, **HSE Risk** Identification, Assessments & Audit, **HSE Risk** Assessment & Management Concepts, **HSE Management** Policy & Standards, **HSSE Emergency Response & Crisis Management** Operations, **Confined Space Entry**, **Quantitative Risk Assessment** (**QRA**), Hazardous Materials & Chemicals Handling, Safety Precaution & Response Action Plan, **Hazard & Risk** Assessment, Task Risk Assessment (**TRA**), **Incident Command**, **Accident & Incident Investigation**, **Emergency Response Procedures**, Job Safety Analysis (**JSA**), Behavioural Based Safety (**BBS**), **Fall Protection**, **Work Permit & First Aid**, Lock-out/Tag-out (**LOTO**), **Emergency Response**, **Construction** Supervision, **Scaffolding** Inspection, **HAZCHEM**, Manual Material Handling, **Road Traffic** Supervision, ISO 9001 and OHSAS 18001.

During his career life, Mr. Tegman has gained his practical and field experience through his various significant positions and dedication as the **Operations Manager**, **Safety & Maintenance Manager**, **Safety Manager**, **Road/Traffic Supervisor**, **Assessor/Moderator**, **Safety Consultant**, **Safety Advisor**, **Safety Officer** and **Liaison Officer** from Zero Harm, SHRA Training & Services (Health & Safety), Road Crete, Balwin Property Development, DEME International, Gladstone Australia, Godavari Gas Pipeline and New Castle NCIG.

Course Fee

US$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: Monday, 07th of July 2025

0730 – 0800	*Registration & Coffee*
0800 – 0815	*Welcome & Introduction*
0815 – 0830	***PRE-TEST***
0830 – 0915	***Introduction***
0915 – 0930	*Break*
0930 – 1100	***Problems Associated with Safe Working at Heights***
1100 – 1215	***Legislation***
1215 – 1230	*Break*
1230 – 1420	***Employers Responsibility***
1420 – 1430	***Recap***
1430	*Lunch & End of Day One*

Day 2: Tuesday, 08th of July 2025

0730 – 0915	***Employees Responsibility***
0915 – 0930	*Break*
0930 – 1100	***Risk Assessment***
1100 – 1215	***Safe Systems of Working***
1215 – 1230	*Break*
1230 – 1420	***Passive Safety Systems***
1420 – 1430	***Recap***
1430	*Lunch & End of Day Two*

Day 3: Wednesday, 09th of July 2025

0730 – 0915	***Restraint Systems***
0915 – 0930	*Break*
0930 – 1100	***Fall Arrest Systems***
1100 – 1215	***Fall Arrest Equipment Introduction***
1215 – 1230	*Break*
1230 – 1420	***Pre Use Inspection***
1420 – 1430	***Recap***
1430	*Lunch & End of Day Three*

Day 4: Thursday, 10th of July 2025

0730 – 0915	***Donning a Safety Harness***
0915 – 0930	*Break*
0930 – 1100	***Safe Use of Associated Equipment***
1100 – 1215	***Anchorage Point Identification***
1215 – 1230	*Break*
1230 – 1420	***Horizontal Safety Systems***
1420 – 1430	***Recap***
1430	*Lunch & End of Day Four*

Day 5:	***Friday, 11th of July 2025***
0730 – 0830	***Maintenance & Checking of Equipment***
0830 - 0915	***Cleaning & Storage***
0915 – 0930	*Break*
0930 – 1100	***Multiple Choice Test***
1100 – 1215	***Review & Question Time***
1215 – 1230	*Break*
1230 – 1345	***Practical Session***
1345 – 1400	***Course Conclusion***
1400 – 1415	***POST-TEST***
1415 – 1430	*Presentation of Course Certificates*
1430	*Lunch & End of Course*

Practical Sessions/Site Visit

Site visit will be organized during the course for delegates to practice the theory learnt:-

Working at Heights

Course Coordinator

Mari Nakintu, Tel: +971 2 30 91 714, Email: mari1@haward.org