



Height Work Safety

SUBJECT MATTER EXPERT(SME)- INTERNSHIP TRAINING

Language: English, Hindi

Duration: 104 Hrs.

1. Introduction to Height Work Safety

- Importance of height safety
- Common hazards associated with working at heights
- Statistics on workplace accidents related to heights

2. Regulatory Framework

- Overview of relevant local and national safety regulations
- OSHA regulatory standards
- Legal responsibilities of employers and employees

3. Risk Assessment and Planning

- Conducting a thorough risk assessment before starting work
- Identifying potential hazards
- Developing a safe work plan and method statements

4. Types of Fall Protection

- Guardrails and toe boards
- Safety nets
- Personal fall arrest systems
- Restraint systems
- Positioning systems

5. Selection and Inspection of Equipment

- Inspection procedures for ladders, scaffolding, and other equipment
- Proper use and limitations of equipment
- Importance of using certified equipment

6. Working on Elevated Platforms

- Safe use of scaffolds
- Proper ladder usage
- Working on roofs and elevated surfaces
- Elevated work platforms (scissor lifts, boom lifts)

7. Fall Arrest Systems

- Components of a fall arrest system
- Proper fitting and use of harnesses

- Anchor points and their importance
- Emergency procedures in case of a fall

8. Emergency Response and Rescue Procedures

- First aid for fall-related injuries
- Communication protocols during emergencies
- Rescue plans and procedures

9. Training and Competency

- Importance of training and continuous education
- Demonstrations and hands-on practice
- Evaluating and maintaining competency

10. Case Studies and Real-Life Examples

- Review of past incidents and their causes
- Learning from near misses
- Best practices and success stories

11. Interactive Exercises and Simulations

- Hands-on exercises with equipment
- Simulations of emergency scenarios
- Group discussions and problem-solving activities

12. Documentation and Reporting

- Importance of documenting safety measures
- Incident reporting procedures
- Record-keeping for training and equipment inspections

13. Continuous Improvement

- Encouraging feedback from workers
- Regularly updating safety protocols based on lessons learned
- Staying informed about advancements in height safety technology

14. Evaluation and Assessment

- Written tests or quizzes to assess understanding
- Issuing certificates upon successful completion of the training
- Recognition for adherence to safety protocols

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