MERCURY

Working at Heights & Fall Protection

11 – 15 April 2027
Muscat (Oman)



Dubai - UAE: +971 4 450 5697
Istanbul - Türkiye: +90 539 599 1206
Amman - Jordan: +962 79 712 3347

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Ref: 16307_1070219 **Date:** 11 – 15 April 2027 **Location:** Muscat (Oman) **Fees:** 5500 Euro

Introduction:

Working at heights presents significant risks that require specialized knowledge and training to ensure safety and compliance with international standards. The Working at Heights and Fall Protection course provides participants with an understanding of hazard identification, risk assessment, and control measures for working in elevated environments.

The Working at Heights and Fall Protection program covers essential legal regulations, safety practices, and emergency response protocols tailored for high-risk industries. Through structured theoretical learning, participants will develop the ability to analyze risks, implement preventive measures, and select the right fall protection systems.

The Working at Heights and Fall Protection training emphasizes understanding human factors, conducting thorough equipment inspections, and implementing safe work planning to minimize incidents and accidents. It explores industry best practices and case studies to enhance learning outcomes. Participants will improve their knowledge and competencies necessary to maintain a safe working environment and comply with organizational and regulatory safety requirements.

Targeted Groups:

The Working at Heights and Fall Protection training targets professionals seeking specialized knowledge and skills:

- Safety officers are responsible for workplace safety.
- Construction supervisors are managing elevated work.
- Maintenance technicians working on tall structures.
- Oil and gas industry personnel on rigs and platforms.
- Telecom and utility workers performing tasks at heights.
- HSE managers and compliance professionals.
- Emergency response and rescue team members.
- Project engineers oversee high-risk work sites.
- Contractors and subcontractors working on scaffolds and ladders.
- Training coordinators are developing safety programs.

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Course Objectives:

Participants will achieve the following objectives by completing the Working at Heights and Fall Protection course:

- Understand key legal requirements and safety standards for elevated work.
- Identify hazards associated with working at heights and assess the risks.
- Demonstrate safe planning and selection of appropriate fall protection systems.
- Apply best practices for ladder, scaffold, and platform safety.
- Analyze human factors contributing to fall-related incidents.
- Inspect and maintain fall protection equipment effectively.
- Develop and implement risk control strategies aligned with safety regulations.
- Respond to height-related emergencies using correct procedures.
- Promote safety culture and compliance within the organization.
- Evaluate case studies and real incidents to apply lessons learned.
- Create site-specific working-at-height safety plans.
- Clearly communicate safety procedures to all stakeholders.
- Support continuous improvement initiatives for workplace safety.
- Enhance decision-making based on hazard analysis and safety data.
- Contribute to a proactive injury and incident prevention program.

Targeted Competencies:

Participants will gain the following competencies during the Working at Heights and Fall Protection program:

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- Hazard identification and risk assessment for elevated work.
- Knowledge of legal regulations and compliance standards.
- Proficiency in selecting and using fall arrest and restraint systems.
- Skills in emergency planning and rescue coordination.
- Ability to evaluate and inspect safety equipment.
- Competence in designing and implementing safety procedures.
- Critical thinking in analyzing real-world safety scenarios.
- Communication and leadership in promoting safe practices.
- Strategic planning for height-related work operations.
- Continuous improvement mindset for occupational safety.

Studying Scenarios:

In this Working at Heights and Fall Protection training, participants will develop their skills through the analysis of the following scenarios:

- Evaluating a scaffold collapse and identifying contributing factors.
- Assessing fall hazards on a multi-level construction site.
- Reviewing a ladder accident and developing preventive measures.
- Planning safe work procedures for telecom tower maintenance.
- Investigating equipment failure during an elevated platform task.
- Designing a rescue plan for a worker suspended in a harness.
- Implementing emergency response for confined elevated spaces.
- Analyzing real incident reports to identify safety gaps.
- Reviewing fall protection compliance audits in industrial projects.
- Preparing a site-specific risk assessment for overhead maintenance tasks.

Course Content:

Unit 1: Fundamentals of Working at Heights Safety:

- Definition and Scope of Working at Heights.
- Global and Local Regulatory Frameworks for Height Safety.
- Common hazards and statistics on height-related accidents.
- Risk assessment methodologies for elevated tasks.
- Understanding the hierarchy of hazard controls.
- Human Factors and Ergonomics Affecting Fall Risks.
- Roles and responsibilities of workers and supervisors.
- Safety culture and organizational responsibilities.
- Importance of safety audits and monitoring.

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Unit 2: Fall Protection Systems and Equipment:

- Overview of fall arrest, restraint, and positioning systems.
- Selection criteria for harnesses, lanyards, and lifelines.
- Anchor points and load-bearing requirements.
- Inspection and maintenance of fall protection equipment.
- Limitations and Proper Use of Safety Gear.
- Personal vs. collective protective measures.
- Integration of equipment with safety planning.
- Legal obligations for equipment certification.
- Emerging technologies in fall protection.

Unit 3: Safe Work Practices and Procedures:

- Safe ladder usage and inspection protocols.
- Scaffold safety and regulatory compliance.
- Safe use of elevated work platforms EWPs.
- Housekeeping and hazard elimination at heights.
- Permits to work and documentation requirements.
- Coordination with other trades and activities.
- Job safety analysis and task-specific risk plans.
- Lockout-tagout considerations for overhead maintenance.
- Communication protocols for high-risk tasks.

Unit 4: Emergency Response and Rescue Planning:

- Developing site-specific emergency plans.
- Suspension trauma awareness and response.
- Rescue equipment selection and usage.
- Emergency drills and mock rescue scenarios.
- Incident reporting and post-incident investigation.
- Coordination with local emergency services.
- Evacuation planning for elevated sites.
- Lessons learned from emergency case studies.
- Continuous improvement in rescue readiness.

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Unit 5: Case Studies, Compliance, and Best Practices:

- Analysis of historical accidents and lessons learned.
- Auditing fall protection programs for compliance.
- Benchmarking against industry best practices.
- Role of leadership in promoting safety.
- Continuous education and training strategies.
- Behavior-based safety and worker engagement.
- Performance metrics and safety KPIs.
- Integration of digital tools for safety monitoring.
- Future trends in height safety management.

Final Insights & Key Takeaways:

This course empowers participants to manage tasks related to height safety efficiently. It integrates practical safety principles with regulatory knowledge for comprehensive learning. Participants will leave with actionable skills to reduce risks and foster a proactive safety culture. The program supports organizational compliance while enhancing worker confidence and protection.