



Working at Height - Industrial Climbing



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Introduction:

The Working at Height - Industrial Climbing course gives learners a structured, safety-first foundation for planning, assessing, and performing work at elevated positions. It explains the legal and practical definitions of “work at height,” the common causes of falls, and the hierarchy of controls used to prevent them. The course balances theory with scenario-based problem solving so participants learn hazard recognition, equipment selection, and basic rescue planning.

The Working at Height - Industrial Climbing program emphasizes the correct use and inspection of personal fall protection, rope-access techniques, and safe rigging practices. The curriculum, based on industry-recognized practices for rope access and fall protection, is transferable to construction, utility, and industrial maintenance roles. It is for professionals who must manage, supervise, or directly perform tasks at height with competence and confidence.

Targeted Groups:

The Working at Height - Industrial Climbing training targets professionals seeking specialized knowledge and skills:

- Site supervisors and HSE officers who oversee elevated work.
- Maintenance technicians who access towers, roofs, and industrial structures.
- Rope access and industrial climbers are preparing for practical duties.
- Scaffolders, riggers, and EWP operators require fall-protection awareness.
- Facility managers are responsible for inspection and asset upkeep.
- Contractors and project leads who must plan safe work-at-height activities.

Course Objectives:

Participants will achieve the following objectives by completing the Working at Height - Industrial Climbing course:

- Understand regulatory definitions and employer duties for safe work at height.
- Identify common fall hazards and perform systematic height-related risk assessments.
- Select and inspect appropriate fall-arrest, restraint, and rope-access equipment.
- Demonstrate knotting, anchoring, and basic rigging principles in theory.
- Plan safe access strategies for ladders, scaffolds, MEWPs, and rope systems.
- Interpret rescue requirements and outline basic rescue sequencing and equipment needs.
- Integrate fall-protection planning into daily permits, toolbox talks, and site procedures.
- Communicate safety roles clearly to team members and contractors for high-risk tasks.

Targeted Competencies:

Participants will gain the following competencies during the Working at Height - Industrial Climbing program:

- Competent hazard recognition for elevated work and fragile surfaces.
- Ability to perform a clear work-at-height risk assessment and control selection.
- Skill in inspecting and documenting personal fall-protection and anchorage systems.
- Theoretical competence in rope-access principles, knots, and basic rigging logic.
- Capability to prepare method statements and simple rescue plans for elevated tasks.
- Clear communication and supervision skills for managing teams on elevated work.
- Awareness of certification pathways and when to refer to accredited rope-access training.

Studying Scenarios:

In this Working at Height - Industrial Climbing training, participants will develop their skills through the analysis of the following scenarios:

- A rooftop inspection where fragile surfaces and multiple anchors are present.
- A tower maintenance task requiring temporary anchor rigging and access planning.
- Emergency retrieval of an incapacitated worker from a suspended platform.
- Short-duration work on a mast using rope access while coordinating ground support.
- How justified is a scaffold-to-roof transition, and where are ladder and harness decisions?

Course Content:

Unit 1: Introduction to Working at Height & Legal Context:

- Define “work at height” and common legal duties.
- Explain why falls remain a top cause of workplace fatalities.
- Describe employer obligations for training and supervision.
- Show the hierarchy of controls for work at height.

Unit 2: Risk Assessment for Elevated Work:

- Identify fall hazards and fragile surfaces.
- Use a step-by-step risk assessment checklist.
- Prioritise elimination and substitution before PPE.
- Record controls and sign-off requirements for site permits.

Unit 3: Fall Protection Systems & Equipment Overview:

- Distinguish fall-arrest, fall-restraint, and work-positioning systems.
- Components of harnesses, lanyards, and energy absorbers.
- Types of anchorages and their selection criteria.
- Inspection schedules and documentation best practices.
- Limitations and safe working loads for equipment.

Unit 4: Rope Access Principles & Industrial Climbing Theory:

- Introduce rope access concepts and industry roles.
- Explain main and safety lines, friction, and load-sharing.
- Basic knots used in rope access and their purposes.
- Differences between rope access and scaffold/EWP methods.
- When to seek accredited rope-access certification.

Unit 5: Rigging, Anchoring, and Temporary Systems:

- Select structural anchors and evaluate anchor points.
- Rig single-point and multi-point anchor systems.
- Manage load paths and redundancy in rigging.
- Document rigging arrangements and pre-use checks.
- Risk controls for dynamic loads and fall clearance.

Unit 6: Working Platforms, Ladders, Scaffolds & MEWPs:

- Safe selection and use of ladders and stepladders.
- Scaffold basics and edge-protection principles.
- Safe operation and planning for MEWPs and mobile platforms.
- Transfer planning and exclusion zones for elevated work.

Unit 7: Rescue Planning and Emergency Response for Heights:

- Outline rescue roles and rapid-response actions.
- Theoretical rescue sequencing for suspended casualties.
- Equipment and personnel requirements for height rescue.
- Communication and medical handover considerations.

Unit 8: Permit-to-Work, Supervision and Site Management:

- Integrate work-at-height controls into permit systems.
- Supervisor duties: pre-task briefings and competency checks.
- Toolbox talk content for elevated tasks.
- Auditing and continuous improvement for height safety.

Unit 9: Human Factors, Fitness, and Psychological Preparedness:

- Effects of fatigue, complacency, and risk perception at height.
- Fitness requirements and medical self-declaration principles.
- Crew resource management for small teams working aloft.
- Decision-making under adverse weather and environmental stressors.

Unit 10: Pathways to Certification & Continuing Competence:

- Overview of recognised schemes and industry routes.
- Preparing candidates for rope-access assessments and renewals.
- Record keeping, logbooks, and refresher training cycles.
- Building a site training plan that links to certification needs.



Final Insights & Key Takeaways:

Practical safety for work at height depends on disciplined planning, correct equipment selection, and clear rescue preparedness. Effective supervision and documented competence pathways turn training theory into everyday safe practice.