

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

It 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

Work at heights

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| Module 1 | Introduction |
| Module 2 | Falling risks |
| | <ul style="list-style-type: none"> - Gravitational force - Protection against falls from heights - Eliminate the risk of falling - Collective prevention system - Fall arrest system |
| Module 3 | Anchor |
| | <ul style="list-style-type: none"> - Anchor and anchor point - Risks during a fall |
| Module 4 | Fall arrest connection devices - Part 1 |
| | <ul style="list-style-type: none"> - Horizontal lifeline - Vertical lifeline - Slider - Retractable lifeline - Combinaison lifeline |
| Module 5 | Fall arrest connection devices - Part 2 |
| | <ul style="list-style-type: none"> - Lanyard - Shock absorber - Snap hook - Connecting hook - Connecting the connectors |



Targeted learning


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| Module 6 | Calculating the fall distance |
| Module 7 | Safety harness |
| | <ul style="list-style-type: none"> – Criteria for using a harness – Storing the fall arrest system |
| Module 8 | Adjusting a safety harness |
| Module 9 | Rescue plan |
| | <ul style="list-style-type: none"> – Rescuing a worker who has fallen – Harness hang syndrome |
| Module 10 | Portable access equipment |
| | <ul style="list-style-type: none"> – Portable ladder – Stepladder – Mobile staircase – Inspection |
| Module 11 | Portable access equipment selection |
| | <ul style="list-style-type: none"> – Selection criterias – Duration of the work – Tasks to be performed – Equipment material – Height to be reached – Workplace – 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- Mobile scaffolding- Forklift platform- Aerial basket- Scissor lift- Roof work- Work in restricted mode | |
| Module 14 | Conclusion | |