



<b>DURATION</b> 4 Hours	<b>GROUP SIZE</b> Up to 12 Learners	<b>LEVEL</b> Awareness / Foundation
<b>LEGISLATION</b> Work at Height Regulations 2005	<b>RESOURCES</b> Handout, Quiz, Slides	<b>ASSESSMENT</b> Knowledge Check Quiz

<b>LEARNING OBJECTIVES</b>	
	Understand the legal requirements under the Work at Height Regulations 2005
	Apply the hierarchy of controls for work at height
	Conduct a risk assessment for work at height activities
	Select appropriate work equipment for different work at height tasks
	Inspect ladders and other access equipment before use

<b>SESSION PLAN</b>		
0:00–0:15	<b>Welcome</b>	<b>Welcome &amp; Introductions</b> Trainer intro, housekeeping, fire exits, learning outcomes for Working at Heights
0:15–0:30	<b>Icebreaker</b>	<b>Warm-Up Activity</b> Icebreaker to engage learners and introduce the topic of Working at Heights
0:30–1:00	<b>Theory</b>	<b>Key Legislation &amp; Background</b> Work at Height Regulations 2005 — why it matters, employer duties, employee responsibilities
1:00–1:30	<b>Theory</b>	<b>Core Knowledge — Part 1</b> Key facts, statistics, risk factors, and underpinning knowledge for Working at Heights
1:30–1:45	<b>Break</b>	<b>Morning Break</b> 15-minute comfort break — trainer to prepare practical equipment
1:45–2:15	<b>Theory</b>	<b>Core Knowledge — Part 2</b> Deeper dive into Working at Heights — common hazards, control measures, best practice
2:15–2:50	<b>Practical</b>	<b>Demonstration &amp; Supervised Practice</b> Trainer demonstrates key techniques; learners practise in pairs with trainer feedback
2:50–3:00	<b>Break</b>	<b>Short Break</b> 10-minute break — distribute quiz papers
3:00–3:20	<b>Assessment</b>	<b>Knowledge Check Quiz</b> Learners complete the quiz individually; trainer collects and marks
3:20–3:40	<b>Activity</b>	<b>Group Scenario Exercise</b> Teams work through a realistic scenario applying Working at Heights knowledge
3:40–3:55	<b>Review</b>	<b>Quiz Review &amp; Q&amp;A</b> Go through quiz answers; address any misconceptions; open Q&A session
3:55–4:00	<b>Close</b>	<b>Summary &amp; Close</b> Recap key learning points, issue certificates, signpost further resources