Working at Height

Health, Safety and Environment (HSE)

Course Overview

Working at Height: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live online.

What You Will Achieve

- Apply the hierarchy of controls: avoid, prevent, then mitigate falls
- Select the right access method (scaffold, MEWP, ladder or rope) for the task
- Inspect harnesses, lanyards and anchorage points to a competent standard
- Plan rescues before work starts, not after someone is suspended
- Meet the legal duties that apply to working-at-height supervision

Who Should Attend

Supervisors, safety officers, maintenance teams, riggers and anyone who plans, oversees or performs work at height in construction, industry or facilities management.

Course Outline

1. The anatomy of a fall: physics, injuries and case histories
2. Legal framework and the duty holder's responsibilities
3. The hierarchy of control for work at height
4. Access equipment: scaffolds, MEWPs, ladders and their limits
5. Personal fall protection: restraint, positioning and arrest
6. Equipment inspection: hands-on harness and lanyard checks
7. Suspension trauma and rescue planning
8. Permits, method statements and supervising the work

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
2 to 6 Nov 2026	Harare	**$1,450**
9 to 13 Nov 2026	Cairo	**$1,450**
16 to 20 Nov 2026	Online	**$700**
23 to 27 Nov 2026	Windhoek	**$1,550**
30 Nov to 4 Dec 2026	Dar es Salaam	**$1,650**
7 to 11 Dec 2026	Gaborone	**$1,450**

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.