

# Sydney Safety Training

Specialists in Confined Space, Height Safety, Breathing Apparatus & Gas Detection Training & Risk Assessments

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## Height Safety Training

### 1 Day Height Safety Training Programme

If an employer has personnel working within 2 meters of any edge or existing roof from which a person may fall more than 2 meters, provision is to be made to prevent falls, appropriate equipment is to be made available and appropriate training is to be given.

Participants will be instructed in:

1. Regulatory requirements
2. Risk Assessment & Hierarchy of Controls
3. When Fall Prevention is Required
4. Alternate Means of Accessing Heights
5. Heights Safety Equipment
6. Safe Anchoring
7. Pre & Post Operational Checks
8. Equipment Maintenance
9. Rescue Requirements/Conduct Practical Heights Rescue Exercises

Participants are supplied the following learning materials for the programme:

1. Height Safety Training Manual

Upon completion of our Height Safety Training programme participants will receive a Statement of Attainment in "Units of Competency:

Work Safely at Heights	MNMG237A
Work Safely on Roofs	CPCPCM2015A
Carry out OHS requirements	CPCPCM2003A

### 4 Hour Height Awareness Programme

This program covers all the above theory, but does not include practical exercises. Participants are provided with a certificate of attendance, but not an approved certificate in public safety as outlined above.

**Sydney Safety Training rooms are located above Frog Dive Scuba Centres, which is on the WESTERN side of the railway line, opposite Kane Street.**

All courses are nationally recognised, and our confined space programme is **Sydney Water Accredited**.  
RTO is Life & Rescue International National Code 90160

