

MSTS

A member of
RelyOnNutec



WORKING AT HEIGHT TRAINING

DELIVERING SAFETY & COMPETENCE SERVICES



Experienced
instructors



Realistic
practical exercises
and simulation



Develop important
skills to perform
job safely



**Empower Your Workforce
To Make The Right Health &
Safety Decisions**

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 www.msts-my.org





Working at Height Level 1

Course Aim & Objective

During the course delegates will gain an awareness of the applicable legislation, the potential hazards and PPE requirements related to Working at Height

Target Group

This course is designed for personnel exposed to working at height where there is a risk of a fall liable to cause personal injury This includes the work of scaffolders, plant operators, construction workers and maintenance personnel

Duration

1 Day

Validity

3 Years

Working at Height Level 2

Course Aim & Objective

During the course delegates will gain a basic level of understanding of the applicable legislation, the potential hazards and PPE requirements related to Working at Height delegates will also demonstrate safe practices while working at height

Target Group

This course is designed for personnel exposed to working at height where there is a risk of a fall liable to cause personal injury This includes the work of scaffolders, plant operators, construction workers and maintenance personnel

Duration

1 Day

Validity

3 Years

Working at Height Level 3 / Rescue

Course Aim & Objective

During the course delegates will learn and demonstrate an understanding of the activities and hazards related to Working at Height Delegates will also demonstrate to a level of competence self rescue techniques and apply the various methods of Rescue from Height

Target Group

This course is designed for personnel designated as Emergency Response Team members in organisation where personnel are exposed to working at height operations

Duration

1 Day

Validity

3 Years

Working at Height (E-Learning)

Course Aim & Objective

The aim of this course is to provide you with the knowledge to work at height safely. You will learn about the hazards of working at height, the controls that must be in place to help keep you safe and the Personal Protective Equipment, or PPE, that you must wear whilst working at height.

Target Group

This course is designed for personnel designated as Emergency Response Team members in organisation where personnel are exposed to working at height operations

Duration

60 Minutes

Language

English, Bahasa Melayu, Thai & more