

# WORK-AT-HEIGHT COURSE FOR WORKERS

This course provides delegates with the requisite Work-At-Height (WAH) knowledge to conduct WAH activities.

## COURSE HIGHLIGHTS

### Theory Syllabus

- Identify relevant WSH legislations, approved codes of practices, Singapore standards applicable to WAH
- Identify WAH hazards and preventive measures related to WAH
- Demonstrate the understanding of use & care for the various fall arrest systems and equipment

### Practical Syllabus

- Harness Donning & Fitting
- Pre-Use Inspection
- Suspension Exercise
- Climbing with Twin Lanyards
- Traversing using Horizontal Lifelines
- Utilising the Work Restraint System
- Traversing using horizontal lifelines



## RECOMMENDED FOR

Workers who are required to perform WAH activities

## LEGAL REQUIREMENT

All workers who need to perform WAH activities in Singapore are required to undergo adequate WAH training.

<b>COURSE FEE</b>	<i>Usual Price: \$110 + GST</i> <i>Discounted Price: \$88 + GST</i>
<b>DURATION</b>	<b>1 DAY</b>
<b>MEDIUM</b>	<b>English &amp; Chinese</b>
<b>ASSESSMENT</b>	<b>Written Assesment + Practical Performance</b>
<b>SDU POINTS</b>	<b>NA</b>
<b>SDF FUNDING</b>	<b>Funding Available</b>
<b>MOM ACCREDITED</b>	<b>Learning Service Provider</b>

23 Neythal Road, Blk B #05-01 Fluorotech Building  
(Pioneer Rd North, MEP Canteen) , S628588

Office:  
(65) 6795 9522