

WORKING AT HEIGHTS FULL CERTIFICATION TRAINING

LEGAL REQUIREMENTS

Occupational Health and Safety Act—Section 25,26,27 & 28

Regulation 213—Section 21,26

CSA Standard Z259

Ministry Of Labour's Working At Heights Standard

**Ministry of Labour Approved
Training Providers of Working at
Heights Certification Training**

Course Length— 8 hours

Cost— Min. 6 participants - \$139.00 Per Person
**Plus HST*

MAX GROUP SIZE OF 12

Mandatory training for anyone
who works off ladders or at
heights that exceed 3 meters or
10 feet

STOP! FALLS!

COURSE CONTENT

- Categories of Falls
- Control Measures
- Floors and openings
- Fixed barriers and handrails
- Surface openings
- Safety belts/ lifelines/ lanyards / anchorage
- Specifications of a Fall Arrest System
- Horizontal and slope roof Fall Arrest System
- Retractable lifeline Fall Arrest System
- Fall Containment Systems
- Connection devices and tie-off points
- Inspection and maintenance
- Rescue Training Requirements

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