



# HAZMASTERS

CREATING SAFER WORK ENVIRONMENTS  
A SUBSIDIARY OF WESCO DISTRIBUTION CANADA

## Working at Heights Training - CPO Approved

### DATE:

Open enrollment classes are available on an ongoing basis.

Please visit

[www.hazmasters.com/Safety-Training-ON](http://www.hazmasters.com/Safety-Training-ON) to view the current training schedule.

### TIME:

8:00 am to 4:30 pm

### LOCATION:

HazmastersED Training Centre  
651 Harwood Ave. N., Unit 4  
Ajax, ON L1Z 0K4

*Refreshments and lunch are included.*

To register, or for more information, e-mail us at: [safetypays@hazmasters.com](mailto:safetypays@hazmasters.com)



This **Ontario Chief Prevention Officer approved Working at Heights Training** course is for anyone working in the construction sector that uses any of the following equipment: travel restraint systems, fall restricting systems, fall arrest systems, safety nets, work belts or safety belts.

The purpose of this training is to ensure that the users understand their legal rights, duties and responsibilities associated with working at heights as well as the proper selection, care and use of the equipment and systems. The course

will also provide the users with the skills to identify working at heights hazards and the control methods to suit their work application.

Classes have a **12 to 1 student/instructor ratio**. This is to comply with the standard established by the CPO and allows for increased hands on training time resulting in a better trained and safer worker. The day will be split between theory training and hands-on exercises with practical evaluations. The course will conclude with a written test. Upon successful completion of the course, participants will receive a CPO approved record of training wallet card.

**Working at Heights Training is available in open enrollment format, or as a customized, private class, either at our fully-equipped facility or on your site.**

### Course Outline

*Prerequisite: Must be physically fit*

*Course duration: 1 day (8 hours)*

#### THEORY TOPICS COVERED

- Introduction to fall protection
- Duties, responsibilities and rights of workers
- Fall protection safety regulations
- Role of the Ministry of Labour
- Fall hazard identification and control
- Fall protection basics and rescue planning
- Ladders and similar equipment
- Personal protective equipment i.e. harnesses, lanyards, lifelines, SRLs (self-retracting lifelines), grab systems

#### PRACTICAL SKILLS TRAINING

- Ladder inspection and set-up
- Inspection and donning of harness and connecting devices
- Ladder climb using vertical lifeline, rope grab and SRL
- Ladder climb using bypass and "Y" lanyard
- Work positioning system use
- Inspection and set up of horizontal life lines
- Installation and use of bump lines
- Inspection and safe use of permanent and temporary guardrail systems

#### TRAINEE QUALIFICATION

- Evaluation and determination of the trainee's knowledge retention by means of both a written test for the theory portion of the course and a proficiency checklist evaluation for the practical portion



**IICRC**  
Institute of Inspection Cleaning  
and Restoration Certification

Receive 1 IICRC CEC credit  
for attending this course!



**HAZMASTERS ED**  
EDUCATION & SKILLS TRAINING FOR SAFER WORK ENVIRONMENTS