



# INTEGRAL TRAINING INSTITUTE LTD

SEAT : Cnr Lees St/ V.Hugo Lane, Curepipe, **POSTAL ADDRESS** : PO Box 226, Curepipe  
Tel : (230) 674 4150, (230) 674 4151, Fax : (230) 676 5789, E-Mail : [integral@intnet.mu](mailto:integral@intnet.mu), Website: <http://itilmu.net>

November 11, 2024

**A HIGHLY RELEVANT TRAINING WORKSHOP:**

## **WORKING AT HEIGHT**

**(LADDERS, SCAFFOLDING, MEWPS, ETC.)**

*Since January 2024, many employees have lost their lives while working at height.*

*Working at height activity is a very hazardous activity and requires a series of control measures to be implemented.*

*This course is designed for all workers who are engaged in working at height using scaffolds, ladders, MEWPs, etc.*

*There is generous use of examples (good & bad), illustrations, hands-on practice, and self assessment exercises.*



### **Course Content:**

<b><i>Working at height activities and hazards</i></b>
<b><i>Working at height equipment (ladders, step ladders, scaffolding, scissor lifts, etc.) and specific hazards</i></b>
<b><i>Use of lifting equipment (forklifts, man cages, etc.)</i></b>
<b><i>Working on roof including fragile roofs and slopes</i></b>
<b><i>Hierarchy of control for working at height and specific precautions to be taken</i></b>
<b><i>Examples of good and bad practices</i></b>
<b><i>Working at Height Risk assessment</i></b>
<b><i>Legal requirements</i></b>
<b><i>Important inspection and checks</i></b>
<b><i>Safe system of works and permit to work relating to working at height</i></b>
<b><i>Use of PPE including selection and inspection of PPE</i></b>

**DATE: December 06, 2024**

**TARGET AUDIENCE:** Maintenance staff, health & safety officers, engineers, etc.

**Fees per participant: Rs. 8,000 {MQA approved} Companies sponsoring candidates will be entitled to substantial refunds from HRDC.**

For further queries, please contact us on 674 4150 / 674 4151 or visit our website (<http://itilmu.net>)  
To delegate participants, kindly fill the attached participation form and fax it back to us on 676 5789.

Yours faithfully

Gawtum Jawaheer (CEng, FIMech E (UK), FIEM, CMIOSH (UK)) Director of Studies