

# PASMA Low Level Access Training

Training in the use of prefabricated access units below 2.5mtrs



For novice or experienced operators

<p><b>Novice or Experienced Operators</b></p> <p>This training course has been designed to train personnel who have either some operational experience or no experience of working from prefabricated units under 2.5m of height .</p>
<p>4 hours for a maximum of 12 delegates</p> <p><i>(Joint theory / Practical training will be delivered in groups)</i></p>

The Work at Height Regulations 2005, require that the assembly, dismantling or alteration of Mobile Access Towers should only be undertaken by a competent person, or if being trained, under the supervision of a competent person.

**Aim**

To provide the delegate/s with the correct skills, knowledge and understanding to be able to safely and effectively use low level access units.

**Objective**

On completion of this course the delegate/s will be able to:

<b>Understand basic health and safety law as it applies to them including;</b>	
	Understand the safety, benefit and legal reasons for completing training
	Identify the governing laws and legislations that are associated with training and safe operation of equipment
<b>Understand their personal responsibilities for safety at work including;</b>	
	Be aware of the need to refer to the manufacturer's manual
	Select and identify the correct Personal Protective Equipment for the job / task



<b>Prepare equipment ready for use</b>	
	Be aware of and be able to complete a pre use inspection of the equipment
	Identify the correct manufacturer's manual for the equipment and make reference to it
<b>Assemble, dismantle and relocate the low level access units in a safe, efficient and professional way</b>	

**Elements covered**

- Introduction to low level access units
- Current legislation, regulations and guidance affecting work at height with low level access units
- PASMA Code of Practice, PAS250 (Publicly Available Specification)
- Assembling, altering and dismantling low level access units incorporating current best practice for fall protection
- Inspection of completed low level access units and completion of Tower Inspection Records
- Hazards affecting the use of low level access units
- Your responsibilities when using mobile access towers

**Facilities and equipment required for training to commence**

	<b>National Insurance numbers</b> - must be provided to the instructor for each delegate.
	<b>Tower</b> – Two types of Low Level access units in sound condition that comply to PAS250 (Publicly Available Specification) with a maximum height of 2.5mtrs – please be aware that all components must be present
	<b>Classroom area</b> – Large enough to accommodate all course delegates and instructor with suitable tables, chairs and plug socket
	<b>Training area</b> - A safe area large enough for the tower to be manoeuvred and high enough to attain the equipment's full assembly, undercover if possible.
	<b>Instruction Manual</b> - A copy of the tower's current instruction manual must be made available to the instructor on the day of training. This must be in English. Practical training cannot be completed without this.
	<b>PPE (Personal Protective Equipment)</b> - Delegates attending must bring their own relevant PPE including high visibility vest, gloves, safety footwear and hard hat (chin strap preferable), in accordance with your company policy.



**Please note:** In the event of adverse weather conditions, the course may be subject to cancellation unless there is a suitable indoor training area available where the platform can be erected to its full height.

### **Literacy, Fitness & Health**

#### **(Extract from the PASMA Code of Practice)**

Since the safe use of mobile towers requires that you consult safety notices and read and thoroughly understand the manufacturer's instruction manual, literacy and language comprehension are important requirements for any tower user. Similarly since the assembly and use of mobile access towers can be physically demanding, users should be physically fit and in good health and should, generally, not have problems with eyesight or hearing, heart disease, high blood pressure, epilepsy, fear of heights / vertigo, giddiness / difficulty with balance, impaired limb function, alcohol or drug dependence or psychiatric illness.

If delegates have any problems with literacy or language comprehension, or have any doubts about their fitness to use mobile access towers, they must bring them to the attention of their employer. This need not preclude them from using mobile access towers, provided their employer conducts an assessment and is able to put into place adequate measures, to take account of any difficulties they may have.

### **Pre-Qualification Criteria**

	This course does not require any prior qualification
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### **Methodology**

The trainer will employ a highly facilitative approach to the training with limited group delivery, incorporating directive and participative styles. The major efforts need to be practical in nature and will include support of theoretical elements to aid understanding. Reflective practices and use of feedback techniques will be utilised to improve training and capability outcomes.

