



ACTRA Toronto has partnered with IATSE 873 to provide WAH (Working at Heights) training for ACTRA Members.

- This training is mandated by the Ontario Ministry of Labour for **ANYONE** working at heights (3m/10 ft. and above) in the Province of Ontario effective April 1, 2015 and MUST be completed by April 1, 2017. <http://www.labour.gov.on.ca/english/hs/topics/heights.php>
- Training takes place over the course of 1 full day @ 104-1315 Lawrence Ave. East Toronto, ON M3A 3R3

How to register;

- Call 416.368.1873 and let reception know you are making a payment for the Working at Heights Course and that you are an ACTRA member.
- You will be asked for a credit card number, mailing and email address
- Course cost is \$90.00, includes all material and a certification card

What to bring;

- Picture ID
- Wear comfortable clothing you can move freely in.
- Bring a lunch and pen or pencil.
- There is limited parking.

Agenda and Content

Classroom theory session

1. Instructor introduction and overview:
 - Working at Heights Basic Theory, 3 hrs
 - Working at Heights Practical Equipment, 3.5 hrs
 - Evaluation process
2. Introduce Action and Learning Objectives
3. Hazards recognition and factors
4. Hierarchy of controls
5. Working at heights laws and regulations
6. Personal fall arrest/fall protection systems
7. Types of ladders and safe use of ladders

Lunch

Practical equipment session

8. Barriers and safety nets
9. Anchor points
10. Fall arrest inspection
11. Fall clearance calculation
12. Worksheet #1, Equipment inspection
13. Worksheet #2, Calculation and deployments
14. Hands-on practicum and evaluation
15. Elevated work platforms
16. Rescue plan and training
17. First aid and rescue equipment
18. Written test and evaluation
19. Field outstanding questions and closing remarks

Action Objective

Apply working at heights safe work procedures including use of fall protection systems to protect themselves and other workers.

Learning Objectives

1. Identify and discuss the types of working at heights hazards.
2. Identify and discuss the hierarchy of controls as it applies to working at heights
3. Identify and explain the duties of the workplace parties in regard to health and safety and the role of the MOL (Ministry of Labour).
4. Explain the right to refuse unsafe work and the work refusal process.
5. Identify the regulatory requirements for all protection programs and emergency rescue plans.
6. Identify and discuss standards for fall protection systems including inspection, maintenance, use and storage.
7. Identify and discuss the requirements for ladders including selection inspection, maintenance, use and storage.
8. Identify and explain the requirements for travel restraint and fall arrest systems including selection and inspection lanyards, lifelines, rope grabs and connectors.
9. Identify the proper selection, inspection and use of anchor points.
10. Demonstrate the inspection, wearing and use of fall protection equipment to protect the worker.
11. Identify and discuss the requirements for use of barriers and safety nets.
12. Identify and explain the procedures for use of work positioning systems, work access and platforms.
13. Identify and explain emergency response procedures and rescue planning.

Evaluation

Participants will be evaluated by:

- Hand-on activities with fall protection equipment
- Written evaluation at end of session