



Work at a high height

Mtk Skolen AS is a course- and training center. The activities are based on a combination of theoretical knowledge and practical exercises. The course center offers courses, exercises, and other activities that are related to security and safety for your company's employees and managers. We offer courses in a realistic and safe environment with professional instructors.



TARGET GROUP

Training for workers who perform work at heights where fall protection is required.

GOAL

This is a corporate course that gives the participants increased knowledge about fall-protection equipment and raise awareness about security measures, to avoid personal injuries and accidents in the workplace.

Courses for your company

Mtk skolen AS also offer an internal course for certification. This includes simplified practical exercises. Please contact us for offers.

COURSE CONTENT

The course is a combination of theory, practical exercises and demonstrations with a final exam. The course includes:

- Laws and regulations
- Daily and periodic control
- Storage and maintenance
- Fall-protection harnesses, shocks, fall-blocks and anchoring points
- Anchoring
- Suspension trauma
- EHS - Environment, Health and Safety
- Expert and daily control
- Fall prevention
- Types and structure of scaffolding, ladders and fall protection.
- Legislation regulating working at height
- Requirements for insurance
- Ladders
- Scaffold
- Work on roofs

DURATION

1 day: 0900-1630
or by appointment.

REGULATORY REQUIREMENTS

The Norwegian authorities have requirement towards workers using fall-protection equipment in their work, that they have to undergo training in the use of these equipments ("regulations on the execution of work" No. 1357, § 10-2 requirement for documented safety training through the use of work equipment). The employer is responsible for ensuring that the employee has the necessary training. The course provides a basic theoretical and practical introduction to fall-protection. Certificate of competence is issued to participants to meet legal requirements for documentation.