

Module

aTA1

aeléc Working at Heights 1

aeléc Trabajo en Alturas 1
aTA1 (8h)



Aim: To train workers in identifying risks associated with working at height in electrical installations and in applying appropriate preventive measures. Students will learn how to select and correctly use collective and individual protection systems, reducing the risk of falls to different levels.

PROGRAM: aeléc Working at Heights 1

1. Basic concepts
 - 1.1 Definition of work at height
 - 1.2 Identification of typical scenarios for working at height
 - 1.3 Legal framework Royal Decree 2177/2004
 - 1.4 Anchor points
 - 1.5 Safety distance
 - 1.6 Fall factor
 - 1.7 Impact force
2. Protection systems
 - 2.1 Collective protection
 - 2.2 Horizontal and vertical lifelines, fixed and temporary
 - 2.3 Personal protective equipment (PPE)
 - 2.4 Characteristics of PPE for working at height
 - 2.5 Correct use of PPE
 - 2.6 Suspension trauma
 - 2.7 Access and positioning techniques at height
 - 2.8 Suspension trauma and use of stirrups
3. Practical exercises
 - 3.1 Review of personal protective equipment against falls at user level
 - 3.2 Use of personal protective equipment for working at heights

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Duration: 8 hours (1 day)

aTA1 program: Sections 1 to 3

Maximum students: 12 people per Edition

Certificate validity:

3 years

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