**Height Safety Practical Training Curriculum**

Location: Rated Cranes Ibeju Lekki

Booking: Book and Pay Online

Company Bookings: [training@ratedcranesandscaffold.com](mailto:training@ratedcranesandscaffold.com) 08081525049/ 09040849897

Schedule: Training Starts Every Monday

**1. Electrical Workers Pole Climbing Training**

* **Target Audience**: Electrical workers handling pole-based tasks
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦80,000  
  (Moderate cost for a 1-day practical climbing course.)
* **Curriculum Outline**:
  + *Introduction to Pole Climbing*: Safety principles, equipment overview, and Nigerian electrical safety regulations.
  + *Climbing Techniques*: Proper use of climbing gear (e.g., gaffs, belts), ascending/descending poles safely.
  + *Practical Exercise*: Climb a pole in a controlled training setup at the center.
  + *Assessment*: Practical assessment (safe pole climbing); written test on climbing safety.
* **Certification**: ISPON, Height Safety Inc, NCC, NAPTIN Certificate.

**2. Electrical Workers Pole Rescue Training**

* **Target Audience**: Electrical workers trained in pole climbing
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦80,000  
  (Moderate cost for a 1-day rescue-focused course.)
* **Curriculum Outline**:
  + *Introduction to Pole Rescue*: Rescue principles, emergency protocols, and Nigerian safety standards.
  + *Rescue Techniques*: Use of rescue equipment, lowering injured workers safely from poles.
  + *Practical Exercise*: Perform a pole rescue in a simulated emergency at the training center.
  + *Assessment*: Practical assessment (execute rescue); written test on rescue procedures.
* **Certification**: ISPON, Height Safety Inc, NCC, NAPTIN Certificate.

**3. Electrical Workers Safety Inspector Training**

* **Target Audience**: Safety inspectors for electrical work
* **Duration**: 2 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦120,000  
  (Higher cost for a 2-day inspection course.)
* **Curriculum Outline**:
  + *Day 1*:
    - *Introduction to Safety Inspection*: Role of inspectors, Nigerian electrical safety regulations.
    - *Inspection Techniques*: Identifying hazards (e.g., faulty wiring, improper grounding).
    - *Reporting Basics*: Documenting findings, compliance checklists.
  + *Day 2*:
    - *Practical Exercise*: Inspect a simulated electrical setup at the training center.
    - *Assessment*: Practical assessment (complete inspection report); written test on inspection process.
* **Certification**: ISPON, Height Safety Inc, NCC, NAPTIN Certificate.

**4. Telecom Towers Climbing Training**

* **Target Audience**: Telecom workers handling tower maintenance
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦80,000  
  (Moderate cost for a 1-day climbing course.)
* **Curriculum Outline**:
  + *Introduction to Tower Climbing*: Tower safety, climbing gear, and Nigerian telecom regulations.
  + *Climbing Techniques*: Safe ascent/descent, use of harnesses and lanyards.
  + *Practical Exercise*: Climb a telecom tower in a controlled training setup.
  + *Assessment*: Practical assessment (safe climbing); written test on tower safety.
* **Certification**: ISPON, Height Safety Inc, NCC, NAPTIN Certificate.

**5. Telecom Tower Rescue Training**

* **Target Audience**: Telecom workers trained in tower climbing
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦80,000  
  (Moderate cost for a 1-day rescue course.)
* **Curriculum Outline**:
  + *Introduction to Tower Rescue*: Rescue principles, emergency procedures, and Nigerian safety standards.
  + *Rescue Techniques*: Use of rescue kits, lowering workers from towers safely.
  + *Practical Exercise*: Perform a tower rescue in a simulated emergency.
  + *Assessment*: Practical assessment (execute rescue); written test on rescue procedures.
* **Certification**: ISPON, Height Safety Inc, NCC, NAPTIN Certificate.

**6. Telecom Tower Safety Inspector Training**

* **Target Audience**: Safety inspectors for telecom towers
* **Duration**: 2 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦120,000  
  (Higher cost for a 2-day inspection course.)
* **Curriculum Outline**:
  + *Day 1*:
    - *Introduction to Tower Inspection*: Inspector roles, Nigerian telecom safety regulations.
    - *Inspection Techniques*: Identifying hazards (e.g., structural issues, fall risks).
    - *Reporting Basics*: Writing inspection reports, compliance documentation.
  + *Day 2*:
    - *Practical Exercise*: Inspect a simulated telecom tower setup.
    - *Assessment*: Practical assessment (complete inspection report); written test on inspection process.
* **Certification**: NCC Tower Safety Inspector Certificate, NAPTIN Tower Safety Inspector Certificate.

**7. Working at Height Awareness**

* **Target Audience**: General workforce and supervisors
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦60,000  
  (Lower cost for a 1-day awareness course.)
* **Curriculum Outline**:
  + *Introduction to Working at Height*: Hazards, fall prevention, and Nigerian regulations.
  + *Safe Practices*: Use of PPE, basic fall protection systems.
  + *Practical Exercise*: Identify height hazards in a simulated workplace scenario.
  + *Assessment*: Practical assessment (hazard identification); written test on height safety.
* **Certification**: Working at Height Awareness Certificate (IOSH/IIRSM), HSE Accreditation.

**8. Roof Safety and Working on Roofs**

* **Target Audience**: Roof workers and supervisors
* **Duration**: 2 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦120,000  
  (Higher cost for a 2-day practical course.)
* **Curriculum Outline**:
  + *Day 1*:
    - *Introduction to Roof Safety*: Roof hazards, Nigerian regulations.
    - *Safe Roof Work*: Use of guardrails, harnesses, and roof access methods.
    - *Equipment Overview*: PPE and safety systems for roofs.
  + *Day 2*:
    - *Practical Exercise*: Work on a simulated roof with safety gear.
    - *Assessment*: Practical assessment (safe roof work); written test on roof safety.
* **Certification**: Working on Roofs Safety Certificate (CITB/IOSH), HSE Accreditation.

**9. Working at Height - Supervisor Training**

* **Target Audience**: Supervisors overseeing work at height
* **Duration**: 2 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦120,000  
  (Higher cost for a 2-day supervisory course.)
* **Curriculum Outline**:
  + *Day 1*:
    - *Introduction to Supervision*: Responsibilities, Nigerian height safety regulations.
    - *Risk Management*: Assessing height risks, planning safe work.
    - *Equipment and Procedures*: Overseeing PPE and fall protection use.
  + *Day 2*:
    - *Practical Exercise*: Supervise a simulated height work scenario.
    - *Assessment*: Practical assessment (supervision skills); written test on height supervision.
* **Certification**: Supervisor Certificate for Working at Height (IOSH/CITB), ECITB Accreditation.

**10. Mobile Elevated Work Platforms (MEWP)**

* **Target Audience**: Workers using cherry pickers, scissor lifts, etc.
* **Duration**: 2 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦120,000  
  (Higher cost for a 2-day equipment-specific course; duration set to 2 days for consistency with practical training needs.)
* **Curriculum Outline**:
  + *Day 1*:
    - *Introduction to MEWP*: Types of MEWPs, hazards, Nigerian regulations.
    - *Safe Operation*: Controls, pre-use checks, and safety procedures.
    - *Equipment Familiarization*: Hands-on intro to MEWP models.
  + *Day 2*:
    - *Practical Exercise*: Operate a MEWP in a controlled training setup.
    - *Assessment*: Practical assessment (safe operation); written test on MEWP safety.
* **Certification**: IPAF MEWP Operator License, CITB MEWP Certification, NCC MEWP Certificate, NAPTIN MEWP Certificate.

**11. Telehandler Manlift Training**

* **Target Audience**: Workers operating telescopic handlers
* **Duration**: 2 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦120,000  
  (Higher cost for a 2-day equipment course.)
* **Curriculum Outline**:
  + *Day 1*:
    - *Introduction to Telehandlers*: Machine overview, hazards, Nigerian regulations.
    - *Safe Operation*: Controls, load handling, and stability principles.
    - *Pre-Use Checks*: Inspecting telehandlers for safe use.
  + *Day 2*:
    - *Practical Exercise*: Operate a telehandler in a simulated setup.
    - *Assessment*: Practical assessment (safe operation); written test on telehandler safety.
* **Certification**: CPCS Telehandler Operator Certificate, ITSSAR Accreditation, CITB Certification, NCC Telehandler Certificate, NAPTIN Telehandler Certificate.

**12. Ladder and Access Tower Safety**

* **Target Audience**: Workers using ladders, step ladders, or access towers
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦70,000  
  (Moderate cost for a 1-day practical course.)
* **Curriculum Outline**:
  + *Introduction to Ladder/Tower Safety*: Hazards, Nigerian regulations.
  + *Safe Use and Setup*: Proper ladder positioning, tower assembly, and PPE.
  + *Practical Exercise*: Set up and use a ladder/tower in a simulated scenario.
  + *Assessment*: Practical assessment (safe use); written test on ladder/tower safety.
* **Certification**: Ladder and Access Tower Safety Certificate (CITB/UKATA).

**13. Rope Access Training (IRATA Level 1)**

* **Target Audience**: Workers working at height using rope access
* **Duration**: 5 days
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦150,000  
  (Higher cost for a 5-day intensive course.)
* **Curriculum Outline**:
  + *Day 1-2*:
    - *Introduction to Rope Access*: IRATA standards, equipment, Nigerian regulations.
    - *Basic Techniques*: Knots, rigging, ascending/descending ropes.
  + *Day 3-4*:
    - *Advanced Skills*: Rescue basics, maneuvering, and rope transfers.
  + *Day 5*:
    - *Practical Exercise*: Perform rope access tasks in a simulated setup.
    - *Assessment*: Practical assessment (rope tasks); written test on rope safety.
* **Certification**: IRATA Level 1 Rope Access Technician Certificate.

**14. Scissors Lift Training**

* **Target Audience**: Workers operating scissor lifts
* **Duration**: 1 day
* **Location**: Rated Cranes Equipment Training Center, Nigeria
* **Training Cost**: ₦80,000  
  (Moderate cost for a 1-day equipment course.)
* **Curriculum Outline**:
  + *Introduction to Scissor Lifts*: Machine overview, hazards, Nigerian regulations.
  + *Safe Operation*: Controls, pre-use checks, and safe maneuvering.
  + *Practical Exercise*: Operate a scissor lift in a controlled training setup.
  + *Assessment*: Practical assessment (safe operation); written test on scissor lift safety.
* **Certification**: NCC Scissor Lift Certificate, NAPTIN Scissor Lift Certificate.