

# Vehicle & Plant Height Restriction – Temporary Height Barrier (Skills Card)



## At a glance...

### Modular customised provision

Duration Notes:	Worth noting: If you're an inexperienced operator our course might take you longer than the standard one day.
Delivery Method:	Classroom and practical assessment
Recognised by:	Lantra Awards
Prerequisites:	CSCS card (any) Previous highways working experience beneficial  Learners must be physically fit and able to carry out the tasks required of the course programme.

## Introduction

Learn how to plan, obtain relevant information and implement a safe setup of Vehicle & Plant Height Restriction - Temporary Height Barrier (aligning with GS6).

## Overview in brief

***This Lantra-accredited Customised Award is exclusively developed and delivered by a Lantra-approved Training Provider, who meets our quality standards. The course is specifically tailored to meet learners' needs. For further details about the course content and delivery locations, please contact the Training Provider using the details provided below.***

The minimum age to undertake this course is 16.

Vehicle & Plant Height Restriction - Temporary Height Barriers are critical markers used on work sites, usually by the appointed Principal Contractor for the scheme, to denote overhead lines & Structures where passage is required underneath them.

Our course will teach you the appropriate techniques and safety guidelines.

It's ideal for all who plan and work on sites where a principal contractor is in control of the H&S of that site. This hands-on course delivers both practical skills and H&S guidance.





## The finer details

This is an integrated training and assessment course. Successfully complete it and you'll receive a certificate of training. We'll guide you through all the relevant health and safety guidelines to ensure you stay protected.

You'll also be given practical experience working with the equipment to learn and hone techniques.

- Risk assessment and emergency procedures
- Health and safety guidelines and legislation
- Personal protective equipment
- Pre-use checks and safety features
- Routine checks and maintenance
- Preparation of site and materials
- Transport, and storage

Worth noting: If you're an inexperienced operator our course might take you longer than the standard one day.

## Who should attend?

People who are involved in:

- Principal contractor roles
- Plan for and implement control measures for works
- Operatives that are required to install Goal posts

NOTE: Course members must be physically fit and able to carry out the tasks required of the course programme.

## What will be covered?

By the end of this course, you'll be able to:

- Identify risks associated with the use of different types of Temporary height restriction barriers and associated equipment
- State the principles of health and safety legislation and guidelines for using Goal posts
- Identify/interpret the information required & where/how to source it from for height restrictions
- Understand the relevant health & safety legislation concerning the use of Overhead Goal post markers
- Select the appropriate personal protective equipment (PPE)



- Carry out daily checks to equipment
- Adjust the equipment used where required
- Identify and report any faults
- Understand requirements for safe loading, transporting of the equipment
- Identify the PPE required for the task

