

## Working at Heights

Knowing how to properly use fall protection equipment is critical for the safety of workers working at heights. All employees that use fall protection are required to receive Working at Heights training, approved by the Ministry of Labour (MOL) and delivered by an approved training provider, before they can work at heights. The MOL approved training program consists of both theoretical and practical components providing employees with the fundamental information to protect themselves from injury due to a fall from height.

Target Audience: Employees working from heights above 3.0 metres and who use any of the following fall protection equipment must successfully complete the training:

- travel restraint systems
- fall restricting systems
- fall arrest systems
- safety nets
- work belts or safety belts

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### Source

URL: <https://www.uoguelph.ca/hr/about-hr/environmental-health-safety-ehs/ehs-training/course-descriptions/working-heights>