



## PLANNING & PREPARATION

- What is a Skellerup?
- Respect in the Workplace
- Hazard and Risk identification
- Controlling and managing Hazards and Risks
- Completing Prestart
- Completing JHA training
- Understanding work instructions
- Understanding safe work method statements
- Isolation techniques
- Identifying and correct use of tooling
- Manual handling techniques
- Correct use of PPE
- Workplace communication
- Workplace Setup
- Drop Zones and Area Barricading
- Line of Fire (LOF)
- Hand safety

## COMPLETING TASK:

- Confined Space entry requirements
- Working at Heights the use of Harnesses
- Identifying Anchor Points
- Correct use of tooling
- Job setup
- PPE
- Correct manual handling technique
- Removal of Skellerup
- Replacing of Skellerup
- Inspection and test
- Work Area tidy up and hand over