

Course code	OSC304
Course name	NR-35 - Training Qualification for Working at Height - 8h
Duration	8 Horas
Target group	Employees who perform activities at height.
Prerequisites	- RG and CPF; - Passport (Expatriate); - Occupational Health (ASO) or certificate of good physical and mental health conditions.
Objective	Qualify professionals to understand the requirements and measures of prevention, planning, organizing and performing of work at height in accordance with NR-35.
Contents	<ul style="list-style-type: none"><li>• Law and regulations applicable to the work at height;</li><li>• Annex III - Individual-Use Ladders;</li><li>• Risk analysis and precluded conditions;</li><li>• Potential risks inherent in work at height and prevention and control measures;</li><li>• Systems, equipment and procedures for collective protection;</li><li>• Personal protective equipment for work at height: selection, inspection, conservation and limitation of use;</li><li>• Typical accidents in work at height;</li><li>• Conduct in emergency situations, including notions of rescue techniques and first aid.</li></ul> <p>Technical Reference: NR-06; NR-18; NR-34 and NR-35.</p>
Exam	The delegates will be evaluated through direct observation.  Validity: 2 years