



INTRODUCTION TO CONTROL OF WORK (COW)

Duration: 20 minutes

Questions: 20

Price Band: A

Course Outline:

This course is suitable for all members of the work party. Real life examples of failures within Control of Work systems and their consequences will demonstrate why following procedures within Control of Work systems is essential. Candidates will also learn about Planning, Risk Assessment, Permit to Work, Lock Out Tag Out, Sub-Systems, Toolbox Talks and the responsibilities of every person under the Control of Work system.

Learning Objectives:

- LO1: Describe the Control of Work system
- LO2: State the purpose of the Control of Work system
- LO3: Identify the elements within the Control of Work system
- LO4: List the five steps within the Control of Work system
- LO5: Explain how to plan within the Control of Work system
- LO6: Explain the Risk Assessment process within the Control of Work system
- LO7: Explain how work is controlled under a Permit to Work
- LO8: Explain the life cycle of the Permit to Work
- LO9: Describe the communication processes within the Control of Work system
- LO10: Summarise Lock Out Tag Out
- LO11: Describe sub-systems within the Control of Work system

