



## Training Services

### COURSE CONTENTS

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#### What is this course about?

The aim of the course is to give people a sound foundation on the requirements of using fall protection equipment (harness, Lanyards etc), its safe use, its limitations and unsafe practices. It also highlights the principles of how fall protection equipment should be selected and used as per British Standards 8437 which supports the work at height regulations 2005 as amended.

#### Who would benefit from this course?

The groups of people this course is aimed at;

- a) Any person at work who intend or are required to use fall protection equipment for work at height.
- b) Any person at work who intend or are required to use fall protection equipment (rescue etc).
- c) Any person who manages, plans or organises work at height using this type of equipment at work.

#### The following issues are covered:

- An outline of relevant legislation and safe working practices for work at height activities.
- Hierarchy of control methods for compliance with working at height regulations.
- Importance of manufacturers user manuals, information, instructions.

#### Requirements for Fall Protection Equipment:

- Quality Control,
  - Markings, relevant standards and codes
  - User manuals and Instructions for use
  - Manufacturers Statement of Obsolescence (expiry date)
  - Compatibility issues with other PPE equipment.
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- The selection hierarchy of the appropriate Fall Protection equipment.
  - Pre-use Inspection of the equipment.
  - The correct fitting and wearing of the Safety Harness.
  - The selection of the most appropriate means of attachment, restraint, work position, fall arrest.
  - The principles relating to the means of attachment.
  - The selection and principles relating to the use of a suitable anchorage point.
  - Minimum Free Space requirements relating to energy absorbing devices.
  - Examples of different fall Protection systems
  - The key issues relating to fall arrest suspension and Rescue Plans.

#### This course involves all candidates:

- Trying on and adjusting a safety harness to demonstrate several points in particular, the importance of ensuring the equipment is the correct size and fit for the user
- How to complete the user safety checks
- Completing a practical assessment based on the relevant harness and or lanyard being used for training purposes
- Completing a written assessment based on the course presentation
- A training pack will be issued to all candidates on this course, plus certification and registration

NOTE: This is a basic foundation course and is a mandatory requirement prior to any rescue or climbing course being undertaken.