



Training Services

COURSE CONTENTS

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What is this course about?

This course is about giving people a sound foundation on the requirements of the work at height regulations in conjunction with a basic understanding on the types of fall protection equipment available, its use, its limitations and unsafe practices. It also highlights the principles of how fall protection equipment should be selected and used.

Who would benefit from this course?

There are two groups of people this course is aimed at;

- a) Employees who intend or are required to use fall protection equipment full time.
- b) Employees who intend or are required to use fall protection equipment part time (rescue etc).

The following issues are covered:

- An outline of relevant legislation and safe working practices.
- Hierarchy of control methods for working at height.
- An outline of manufacturers user manuals

Requirements for Fall Protection Equipment:

- Quality Control,
 - Markings, relevant standards and codes
 - User manuals and Instructions for use,
 - Manufacturers Statement of Obsolescence,
 - 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.
 - 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 (Female candidates are advised to consider jeans or trousers)
- Completing a written assessment consisting of a multiple choice question paper
- A training pack will be issued to all candidates on this course

Please refer to our frequently asked questions for more information on training requirements [Click here](#)