



## 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 Guided Type systems (wire cable, rail, tensioned lines, mobile man anchors) 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 as per BSEN 8437 and 795

#### Who would benefit from this course?

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

- a) Any person at work who intend or are required to use fall protection equipment. (Employees)
- b) Any person at work who intend or are required to use fall protection equipment. (Sub Contractors)
- c) Any person at work who plans and organises work at height involving this type of equipment.

#### 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 Service intervals, Mandatory Annual Inspections
  - 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 use of system travel devices
  - 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:

- Using fall protection equipment correctly on the line system.
- Wearing correct work PPE hard hat, gloves, safety boots, eye protection as required.
- Completing a practical assessment based on the relevant system being used for training.
- A training pack will be issued to all candidates on this course, plus certification and registration.

NOTE: Please call to discuss your requirements in detail to ensure it is relevant to the type of equipment you have installed or intend to work on. Not all systems are the same.