

Working at height

Personal fall protection/ harness user



Ensure the safety of your people with training from the specialists in lifting and mechanical handling

A **one** day course designed to enable candidates to carry out work at height/harness safely and in accordance with the working at height regulations. The course provides a working knowledge of Personal Fall Protection (PFP) best practice, carried out in compliance with BS8454.

Course content – educational and practical

- Legislation - the working at height regulations
- Hierarchy of risk for fall protection
- General principles of personal fall protection
- Work restraint - work positioning - fall arrest
- Personal fall protection equipment and devices
- Use of harnesses
- Harness and equipment inspection
- Task based risk assessment
- Rescue and suspension intolerance / trauma considerations
- Practical training carried out on specialist training apparatus

Completion of the course provides candidates with the knowledge to select the correct type of fall protection and have the required skills to complete a pre-use inspection of the harness and lanyard assembly.

Candidates will be continually assessed during the course with a written test paper to evaluate underpinning knowledge combined with a practical competence assessment.