

Harness and Height Safety

Introduction

This training session is intended for those employed to perform work tasks at height, covering all Health and Safety legislation and where the employer has identified Personal Fall Protection Equipment as the appropriate control method. Course delegates will be provided with the information required of them to safely use the provided items of Personal Fall Protection Equipment to protect against a potential fall from height.

Learning Outcomes

On completion of this course delegates will understand :

- Health and Safety at Work Act 1974
- Hazard Analysis and Risk Assessment
- The categories for safe work at height
 - Work Restraint
 - Work Position
 - Fall Arrest
- Strength and characteristics of equipment
- The correct fitting of harnesses
- Identification of damaged equipment – using samples
- Identification of different styles of rescue equipment

Course Duration

One Day

Max 10 Students

Instructor

Certificated Instructor

Certification

Certificate of Attendance



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