



Safety Harness Theory Training



Course Aim

This course aims to provide a foundation in the use of Personal Fall Protection Equipment (PFPE) when working at height. It also aims to give an insight to the safe use and requirements of PFPE for supervisors as well as providing delegates with an awareness of the use of PFPE and an awareness of BS8437: 2005.

Upon successful completion of the course delegates will have an understanding of the use, selection and maintenance of personal fall protection equipment and systems.

This course is theory based and a prerequisite for specified practical training.



Who Should Attend?

Those involved in work at height using Personal Fall Protection Equipment (PFPE). It will also give supervisors an insight to the requirements and safe use of PFPE for work at height.

Delegates should bring their own comfortable clothing and footwear, with provision made for inclement weather conditions, i.e. fleeces, waterproofs, windproof, etc.



Course Duration

This is a half day course.



Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.



Agenda

Theory:

- Understand the legislation surrounding work at height and how this relates to them
- Understand the categories for safe work at height and the potential loads imposed on the equipment used: Work Restraint, Work Position, Fall Arrest
- Understand equipment standards and how they relate to user demands and their expectations
- Be able to carry out and understand the importance of pre-use inspections and checks
- Understand the importance of mandatory inspection and record keeping by an impartial competent person
- Understand the implications of being suspended in a harness and the importance of rescue provision when working at height
- Have an awareness of the planning and selection of methods of work at height
- Have an understanding of the guidance given in the HSE notice regarding using of harnesses in MEWP's (MISC614)
- Be able to plan and select the correct equipment for a given task
- Have an awareness of hazards related to work at height
- Each delegate will be expected to fit and adjust a full body harness
- Delegates will identify different styles of work at height PPE
- Delegates will be expected to identify damage on samples of equipment

Safety / Value / Availability / Support



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