

Who Should Attend

This course is designed for those personnel who work at height and are required to use a range of Harnesses and Lanyards while working at height.

Course Aim and Content

On completion of the course operators will be able to list their responsibilities under the relevant legislation and demonstrate how to use the equipment safely and efficiently.

- Health and Safety at Work Act 1974
- Management of the Health and Safety at Work Regulations
- Provision and Use of Work Equipment Regulations 1998
- Lifting Operations Lifting Equipment Regulations 1998
- Working at Height Regulations 2005
- What are the hazards
- Risk Assessment and Safe System of Work
- Correct selection of the harness and lanyard
- Hierarchy of control measures while working at height
- Rescue plans
- Understanding the equipment used
- Suspension Trauma
- Pre-Use Checks
- Theoretical Examination
- Practical Test of Basic Operating Procedures

Training and Testing Methods

A high proportion of both theory and practical exercises, this is followed by three tests of theory knowledge, pre-use test and practical demonstrations.

Course Accredited by

NPORS or Small Training Solutions Certified

