



Safety Harness Training

For novice or experienced delegates

4 hour course for a maximum of 10 delegates

Aim

This course is designed to make delegates aware of the three main types of harness/lanyard systems available for use when working at height. It explains the important considerations required to enable the correct choice of system for the application. Delegates are shown how to carry out pre-use checks of the equipment, and how to fit it correctly. They are also made aware of the main areas of legislation concerned with this type of work and advised as to the existence and causes of suspension trauma along with how to mitigate its effects. The course does not cover actual working at height and the equipment used on the course will be specific to the training location (to be supplied by the customer) so that delegates are made familiar with the equipment in their own applications.

Elements covered

- Why we train
- Health and Safety at Work Act 1974
- Provision and Use of Work Equipment Regulation 1998
- Workplace Health Safety and Welfare Regulations 1992
- Management of Health and Safety at Work Regulations 1999
- Personal Protective Equipment at Work Regulations 1992
- Working at Height Regulations 2005
- Accidents and associated risks
- Personal risk assessment
- Equipment types
- Equipment checks
- Fitting equipment
- Maintenance and storage of equipment
- Selection and use of equipment
- Suspension trauma
- Theory test

Criteria required for training to commence

- Classroom for theory with table chairs and an electrical socket
- Appropriate harnesses and lanyards in sound condition as used on site
- Safe practical training area

