



## Training Services

### COURSE CONTENTS

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#### What is this course about?

#### Who would benefit from this course?

This course is aimed at those people who manage or supervise others required to use and wear fall protection equipment. It will provide the manager/supervisor with a clear understanding of the relevant legislation relating to work at height and personal protective equipment relating to fall protection products.

The course also demonstrates to the managers and supervisors the key issues on why they are responsible for ensuring users know why and how to carry out basic pre-use inspections, how to fit and wear the fall protection equipment correctly, how to connect and adjust the equipment correctly and understand the basic principles of use relating to fall protection equipment.

#### The following issues are covered:

- An outline of relevant legislation and safe working practices.
- Hierarchy of Control Methods for working at height.
- An outline of the manufacturers user manuals

#### Requirements for Fall Protection Equipment:

- Quality Control,
  - Markings, relevant standards and codes
  - User manuals and Instructions for use,
  - Manufacturers Statement of Obsolescence,
  - Compatibility issues with other PPE equipment.
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- The selection hierarchy of the appropriate Fall Protection equipment.
  - Pre-use Inspection of the equipment.
  - The correct fitting and wearing of the Safety Harness.
  - The selection of the most appropriate means of attachment.
  - The principles relating to the means of attachment.
  - The selection and principles relating to the use of a suitable anchorage point.
  - Minimum Free Space requirements relating to energy absorbing devices.
  - Examples of different fall Protection systems
  - The key issues relating to fall arrest suspension and Rescue Plans.

#### This course involves all candidates:

- trying on and adjusting a safety harness to demonstrate the importance of ensuring the equipment is the correct size and fit for the user (Female candidates are advised to consider jeans or trousers)
- A written assessment consisting of a multiple choice question paper
- A training pack will be issued to all candidates on this course.

**Please refer to our frequently asked questions for more information on training requirements**