RGT1

HARNESS TRAINING & WORK AT HEIGHT AWARENESS

Course:

This training course is suitable for people who are required to perform low risk work at height tasks supervised using a safety harness and lanyard. Delegates will learn about the different types of PPE including full body harnesses, safety lanyards, helmets, connectors, suitable anchor systems and how to conduct a pre-use safety check before use. Falls from height is one of the biggest causes of workplace fatalities and major injuries, accounting for just over a quarter of all fatal injuries in the workplace. After successful completion of this training, delegates will have an understanding of The Working at Height Regulations 2005 and will understand how to work safely in different working methods such as; work restraint, work positioning and fall arrest under the supervision of an experienced work at height operative.

Duration:

3.5 hours

Max number of delegates:

15

Prerequisite:

Delegates must:

- Meet the minimum age of 18 years old
- Be fluent in English
- Be medically fit and complete the medical form to carry out the practical elements of the course
- Be under the weight of 140kg

Training methods:

- Theoretical and practical
- Printed course material provided
- Training delivered to BS 8454:2006

Assessment criteria:

- Multiple choice theory test paper. 80% pass mark (16 out of 20 questions answered correctly)
- Practical assessment

Certification:

- 3 Year RIDGEGEAR Certificate
- Delegates must keep up their CPD by attending regular training to refresh their skillset

PPE requirements:

- No PPE requirements

Course content:

- Legislation and guidance
  - Health and Safety at Work Act 1974
  - Personal Protective Equipment Regulations 2022
  - Working at Height Regulations 2005
  - Lifting Operations and Lifting Equipment Regulations 1998
- Use of Equipment for Working at Height
  - Harnesses
  - Lanyards
  - Helmets
  - Fall arrest blocks
  - Connectors
  - Ropes and grabs
  - Anchor slings
- Inspection and Service
  - CE marking and equipment traceability
  - Categories of PPE
  - Equipment inspection definitions
  - Quarantine and obsolescence procedures
  - Pre-use inspection of harness and lanyard
  - Service requirements for fall arrest blocks
  - Care and storage of equipment
- Methods of Work
  - Managing and selecting equipment for work at height
  - Common hazards
  - Site zoning
  - Work restraint, work positioning and fall arrest working methods
  - Pendulum effect
  - Temporary and permanent lifeline systems
  - Fall factors and ground clearances
  - EN 795 anchor points
  - Mobile elevated work platforms
  - Ladders with hoops and cages

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Pioneers of height safety