

TRAINING COURSE

Product ID: RGT1
Description: Harness Training & Work at Height Awareness
Duration: 0.5 Days
Max Number of Delegates: 15

Prerequisite:

- No previous experience or qualification required.
- Delegates must meet the minimum age of 18 years and be fluent in English.

Course:

This training course is suitable for any person who is required to work at height and wear a safety harness. Delegates will learn about the different types of PPE including safety lanyards, helmets, connectors and 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.

Course Content:

- Working at Height Regulations 2005
- Legislation and guidance
- Mechanics of a fall
- Physics involved during a fall
- Fall factors
- Methods of work
- Correct selection of fall protection equipment – including common hazards associated with different types of equipment
- Pre-use inspection of PPE
- Suitable anchor points
- Correct selection and fitting of safety harnesses, including a practical donning exercise.
- Correct storage, care and maintenance of PPE
- Rescue requirements

Training Methods:

This training course combines theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course. All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue.

Certification:

On successful completion of the course, delegates will receive a 3 year RIDGEGEAR certificate. Delegates must keep up their CPD by attending regular training to refresh their skillset.

PPE Requirements:

No PPE requirements