

TRAINING COURSE

Product ID: RGT2:FA
Description: Working at Height – Fall Arrest
Duration: 0.5 Days
Max Number of Delegates: 6

Prerequisite:

- Delegates must show evidence of their competency for working at height. It is advised that anyone attending the course has completed the 'RGT1 Harness Training & Work at Height Awareness' or equivalent recognised course.
- Delegates must meet the minimum age of 18 years and be fluent in English.
- Delegates must be medically fit and be physically able to carry out the practical elements of the course. Delegates will be required to sign a medical statement from before the start of the course.

Course:

This training course is suitable for any person who is required to work in areas where they are exposed to an area where a fall is likely to happen. 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. This course covers practical use of different types of PPE such as full body harnesses, fall arrest lanyards and fall arrest blocks which are designed specifically to arrest a falling person, keeping the forces below the legal limit. Delegates will have an understanding of suitable anchor points and what they need to be rated to.

Course Content:

- Working at Height Regulations 2005
- Legislation and guidance
- Fall factors
- Physics involved during a fall
- Mechanics of a fall
- Different types of fall arrest systems commonly used
- Working methods – work positioning and fall arrest
- Installation of temporary horizontal lifelines, including safe use
- Permanent man-safe systems and associated products
- Correct selection of fall protection equipment – including common hazards associated with different types of equipment
- Pre-use inspection of PPE
- Suitable anchor points
- Safe use of harnesses
- Safe use of lanyards and fall arrest blocks
- 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:

Delegates must provide their own comfortable clothing, protective footwear, safety gloves, high visibility jacket and prepare for all weather conditions. Delegates may be required to provide their own PPE but this will be communicated by RIDGEGEAR in the planning stage of training.