

TRAINING COURSE



Product ID: RGT2:FA

Description: Working at height – Fall Arrest

Prerequisite – Must meet the minimum age of 18 years and must be fluent in English. Delegates must show evidence of their competency for working at height. It is advised that anyone attending the course has completed the 'RGT1 Fall Protection Equipment, Awareness & Inspection' or equivalent recognised course. Delegates must be physically able to carry out the practical elements of the course.

Course:

This training course is intended to provide the theoretical & practical knowledge on how to correctly work using fall arrest working methods. This training course includes the use of a variety of fall arrest equipment such as fall arrest lanyards, inertia reels, guided type horizontal and vertical fall arrest systems and also gives the delegates an understanding on how to store and maintain equipment.

Course Objectives:

This practical course provides awareness of the range of fall protection PPE along with practical experience in the use of the equipment. The course will identify the dangers when working at height and give the delegates an understanding of suitable anchor points. Delegates will be able to understand which fall arrest device is best suited for the task when working in an area where a fall is likely to happen.

Who will benefit?

All personnel in your organisation involved in planning, carrying out, supervising and managing work at height in the work place.

Course Content:

- Legislation / guidance
- Correct selection of fall protection equipment (includes common hazards associated with different equipment types including practical exercise)
- Pre-use inspection of equipment (includes practical exercise)
- Suitable anchor points
- Donning a harness (refreshing skills)
- Working methods (fall arrest & work positioning)
- Safe use of safety harnesses & lanyards
- Installation of temporary vertical lifelines
- Fall arrest blocks (including pre-use inspection and installation)
- Equipment compatibility
- Correct working methods
- Fixed length fall arrest lanyards
- Adjustable fall arrest lanyards
- Retractable fall arrest lanyards
- Rescue requirements
- Storage and equipment care

Training Methods:

Lectures, printed course material, practical demonstrations and hands on exercises in inspecting, checking and setting up work restraint systems. 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.

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Certification:

Successful delegates will receive a 3 year RidgeGear certificate

PPE Requirements:

Delegates must provide their own comfortable clothing, protective footwear 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.

Course duration / Number of delegates:

The course is designed for up to 6 delegates at any one time and is held over half a day, typically 09:00 – 12:00 or 13:00 – 16:00.