

TRAINING COURSE



Product ID: RGT2

Description: Working at Height

Course:

This full day training course is intended to provide the theoretical & practical knowledge on how to correctly work using restraint, work positioning and fall arrest techniques. Our working at heights course includes the use of a variety of fall protection equipment 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 equipment together 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.

Course Content:

- Legislation / guidance
- Mechanics of a fall
- Physics involved during a fall
- Fall factors
- 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)
- Anchor points and devices
- Donning a harness (includes practical exercise)
- Safe use of safety harnesses & lanyards
- Horizontal and vertical fall arrest systems
- Safe use of fall arrest blocks
- Temporary vertical and horizontal line
- Equipment compatibility
- Correct working methods
- Work restraint / work positioning / fall arrest
- Rescue planning
- Storage and equipment care
- Theory test paper (multiple choice)

Training Methods:

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

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.

Course duration / Number of delegates:

The course is designed for up to 6 delegates at any one time and is held over a full day, typically 09:00 - 16:00.