



In – House Training

WORKING AT HEIGHT and PERSONAL FALL RESTRAINT

The GHC working at Height and Personal Fall Protection course delivers a minimum of four hours of both theory and hands-on harness/lanyard instruction and assessment, affording delegates with a good understanding of the principles for working at height, using and carrying out pre-use inspections of Safety Harnesses, Lanyards, and Connectors in the workplace.

This course also provides each delegate with a base theoretical knowledge of the work at height regulations required to effectively reduce the risks associated with working at height, the hierarchy of controls, correct pre-use inspection and using personal prevention and protection systems for fall restraint, work positioning and arrest.

The Work at Height Regulations require that 'Every employer shall ensure that no person engages in any activity, including organisation, planning, and supervision, in any relation to working at height or work equipment for use in such work unless he is competent to do so or, if being trained, is being supervised by a competent person'.

If any of your personnel use safety harnesses and restraint equipment as part of your normal duties GHC strongly advises that you engage your staff in suitable and sufficient training.

Who Should Attend The Course:

This course is aimed at personnel who are or will be responsible for using safety harnesses, lanyards and associated Fall Protection Equipment in the workplace. There is no prerequisite required for this course.

Course content:

Delegates attending the GHC Working at Height and Personal Fall Protection course will acquire a thorough knowledge of work at height safety, harness and lanyard pre-use inspection and fitting including:

- Legislation. The Work at Height Regulations.
- Accident statistics involving work at height.
- Hazards and risks involved while working at height.
- Fall prevention, fall restraint, fall protection & fall arrest.
- Harness types and design standards.
- Component parts of a fall arrest system (The A, B, C, D & E).
- Identifying correct tie-off and anchor points.
- Pre-Use inspection of harness & lanyards

- Correct wearing and fitting of the harness with a practical demonstration.
- Rescue provision requirements.

Course duration: Half Day.

Assessment: Assessment is conducted through a multiple choice question paper. Delegates attaining the required pass mark of 75% will be awarded a Graham Howard Consulting certificate of achievement which is valid for three years.



For more information contact:

Graham Howard Consulting at Email – info@grahamhowardconsulting.co.uk
Mobile 07855 349419