



Work Restraint



Course Aim

For safe working near un-protected edges using Work Restraint Equipment. This practical course aims to enable delegates to set up and carry out pre-use checks of work restraint systems for fall prevention.



Who Should Attend?

Those who intend to access and work at unprotected edges such as concrete slabs using work restraint techniques to carry out work at height.

Course Entry Criteria

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and work at height are available on request)



Course Duration

This is a 1 day course.



Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.



Agenda

Theory

- Selection of the appropriate method of work as a result of the work environments definition on risk assessment
- What is steep ground and when work position techniques are required
- The importance of avoiding hazards
- Correct set up of work restraint systems
- Limitations of retractable lanyards when used in work restraint

Practical

Practical application of the following equipment to create work restraint systems:

- Full Body Harnesses
- Work Restraint and Fall Arrest Lanyards
- Work Positioning Lines
- Temporary Horizontal Safety Lines
- Temporary Anchorage Systems

