



## Safety Harness Practical Training



### Course Aim

To provide delegates with the a thorough understanding of the principles of using Personal Fall Protective Equipment. How to select the correct equipment for the task, pre use inspection, maintenance and requirements for mandatory record keeping.

Practical use of Work Restraint, Work Positioning, and Fall Arrest equipment/ techniques together with a full body work positioning harness, fall arrest lanyards, inertia reels, horizontal safety lines etc. How to safely install and use personal fall arrest equipment.



### 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.



### Who Should Attend?

Those who intend to work at height using temporary fall arrest equipment / systems of work.

The course is aimed at those whose work includes a variety of environments and who need to select and use a suitable method of personal fall protection equipment, e.g. construction projects and offshore environments.

### 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)

Delegates must be 18 years or over.

**Safety / Value / Availability / Support**



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# Safety Harness Practical Training



## Agenda

### Theory

- Where Work Restraint can be used in place of Fall Arrest techniques to enhance safety
- Gain an awareness of Work Positioning techniques and where they can be used to enhance safety over Fall Arrest techniques
- The limitations of Fall Arrest equipment and how to increase safety with regards to - Reducing impact forces, fall distance and clearance requirements
- Gain an awareness of equipment abuses and how to use appropriate equipment to avoid this
- Have an awareness of Rescue Implications when using Fall Arrest Techniques
- What are some of the hazards when working at height including dropped objects, fragile surfaces, exposure to environmental conditions

### Practical

- Correct Fitting of a Full Body Harness
- Selection of Anchorage Points
- Use of Anchorage Devices
- Work Restraint Techniques
- Pre-use Inspection, Installation and Use of Fall Arrest Blocks
- Pre-use inspection and use of Temporary Guided Type Fall Arresters, Single/Double Fall Arrest Lanyards, Work Position Lanyards
- Demonstration of Rescue Systems

### Equipment covered during training

- Full Body Harnesses
- Example anchor devices (including Wire Strops, Attachment Slings and Horizontal Safety Lines)
- Single and Double Fall Arrest Lanyards
- Work Position Lines
- Fall Arrest Blocks / Retractable Type Fall Arrest Devices
- Temporary Guided Type Fall Arresters
- Work Position Lanyard and Harness
- Rescue Demo Kit (Gotcha)