

Harness & Lanyard Course

Who should attend?

This course is designed for individuals who are either new or currently working from height, using harnesses and lanyards but can also cater for Managers and Supervisors that oversee the work of others where this type of equipment is used.

Course Aims

As well as introducing the candidates to working practices and fall protection equipment, which will enable them to assess their working location, we aim to extend their existing knowledge to gain sufficient understanding of the requirements to safely access areas with an increased risk of falling.

Pre-requisites:

- No previous experience or qualification required.
- Delegates must meet the minimum age of 18 years and be fluent in English.

Course information:

½ day duration, maximum 10 people.

Certification:

Certification and ID card will be issued upon successful completion of the course and assessments. This will be valid for 3 years from date of course.

Course content includes:

- Selected sections of the WAH regulations.
- The importance of planning and organization.
- The hierarchy contained with the regulations and how it aids with the selection of equipment.
- The method of selecting appropriate equipment to prevent or minimize the potential fall risk.
- Fall classification and how these are categorised.
- The key elements of the fall protection system and how they affect the task.
- The correct fitting, use and user inspection of key items of fall protection equipment.
- Selecting suitable anchorage points to prevent or minimise the fall distance.
- Effects of suspension trauma and an individual tolerance after a fall.
- The points to consider for safe worksite management.
- Practical exercise – method for fitting and correct adjustment of a full body harness.

Training Methods

This training course combines theory and practical training methods to ensure delegates receive the information required. Printed course material, and practical demonstrations will be conducted throughout the course.

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.