



Rooftop Safety/Work Restraint

Aims

This course is designed for those who intend to access rooftops, or similar structures using preinstalled fall arrest systems and use work restraint techniques to carry out work at height. On completion of the course they should be able to carry out pre-use checks and use pre-installed access systems. They will also be able to set-up work restraint systems for fall prevention using a variety of different techniques and equipment.

Who Attends

A practical course for workers needing to safely access rooftops or similar structures using pre-installed fall arrest systems (such as fixed ladders and horizontal tensioned safety lines) and carry out work at height using work restraint techniques.

Course Content

MORNING SESSION - Safety Harness Theory Training
Our theory foundation module. [Click here for full session agenda.](#)

AFTERNOON SESSION – Rooftop Safety/Work Restraint

- Define their work environment in terms of a risk assessment and be able to select the appropriate method of work as a result.
- Understand what constitutes steep ground and when work position techniques become necessary.
- Understand the importance of avoidance of the hazard where possible.
- Understand the correct setting up of work restraint systems.
- Understand the limitations of retractable lanyards for use in work restraint.
- Full Body Harnesses
- Work Restraint and Fall Arrest Lanyards
- Work Positioning Systems
- Horizontal trans fastener type systems
- Temporary Horizontal Safety Lines
- Full Body Harnesses
- Permanently installed vertical systems
- Horizontal trans fastener type systems
- Double Lanyards
- Additional hazards relating to rooftop environments, such as fragile surfaces and dropped objects.

Course Duration

This is a 1 day course.

Maximum Candidates

Maximum attendees: 6 candidates.

Qualification Obtained

On successful completion candidates will receive a certificate valid for three years issued by Spanset. The actual height and exposure will be set out on the certification, but this is only to show what was included in the training. The height shown on the certification is not intended to limit the height at which the delegate can operate.

Entry Requirements

- Delegates **must** be 18 years and over.
- All delegates **must** be able to certify they are physically fit and have no medical conditions that might prevent them working at height prior to commencement of training. (A list of conditions that could affect practical training is available upon request. If in doubt, call our team on 01501 750900 for advice **prior** to booking).
- SpanSet reserves the right to exclude unsuitable delegates from training courses.

Additional Information

PLEASE NOTE all online bookings are **provisional** until confirmed with you by our training team.