



Safety Harness Practical

Aims

This session is designed for those who intend to work at height using temporary fall arrest equipment / systems of work. On completion of the course they should be able to safely install and use their own personal fall arrest equipment.

Who Attends

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. An ideal entry level course for general work at lower heights.

Course Content

- 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)
- Gain an understanding of where Work Restraint can be used instead of Fall Arrest techniques to increase safety.
- Have an awareness of basic Work Positioning techniques and where these can be applied to increase safety over the use of Fall Arrest techniques
- Have an understanding of the limitations of Fall Arrest equipment and how to improve safety with respect to:
 - Reducing impact forces
 - Reducing Fall Distance
 - Clearance Requirements
- Have an awareness of the common equipment abuses and how to select appropriate equipment to avoid this
- Gain an awareness of the Rescue Implications when using Fall Arrest Techniques
- Have an awareness of other hazards relating to work at height such as dropped objects, fragile surfaces, exposure to environmental conditions
- 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
- Pre-use Inspection and Use of Single / Double Fall Arrest Lanyards
- Pre-use Inspection and Use of Work Position Lanyards
- Demonstration of Rescue Systems

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.