

WORK AT HEIGHT FALL ARREST CLIMBER



HEIGHTWORKS TRAINING

Duration: 1 or 2 Days - depending upon requirements.

Audience: Any person who has the need to climb a structure and requires the use of personal fall protection equipment.

Course Aim: To provide practical experience and education so a structure can be climbed safely using PPE and techniques that protect against falls.

Syllabus:

- Pre use inspection of PPE
- Harness donning and appropriate use
- Understanding the principles of work restraint
- Understanding the principles of fall arrest
- Understanding the severity of falls whilst using PPE
- Use of self retracting lifelines
- Use of guided fall arrest systems
- Use of twin energy absorbing lanyards
- Understanding suspension intolerance
- Use of self rescue techniques
- Use of work positioning lanyards
- Understanding the hierarchy of fall control measures
- Identifying work at height hazards
- Identifying structure specific hazards

Prerequisites: Reasonable level of health, fitness and aptitude.

Max. Ratio: 6 Delegates to 1 instructor.

Certification Expiry: This certificate is valid for a maximum of 3 years subject to a maintenance of skill level

Throughout the course, the student will be continually assessed and expected to complete a written and practical examination.

Only on successful completion of the whole course and examination will the candidate be issued with a certificate of competency.

This course is designed and delivered using BS8454 (code of practice for the delivery of training and education for work at height and rescue), IRATA international code of practice and equipment manufacturers technical instructions.

