

## HEIGHTWORKS TRAINING

**Duration:** 1 Day.

**Audience:** Any person who needs to use personal fall protection equipment to prevent a fall from occurring whilst working near to unprotected edges.

**Course Aim:** To provide practical experience and education so work can be carried out safely near to unprotected edges.

**Syllabus:**

- Pre Use inspection of PPE
- Harness donning and appropriate use
- Understanding the principles of work restraint
- Understanding the principles of fall arrest
- Use of fixed restraint lanyards
- Use of adjustable restraint lanyards
- Installing a temporary horizontal safety line
- Understanding the hierarchy of fall control measures
- Understanding & reducing the effects of suspension intolerance
- 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 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.

