

HEIGHTWORKS TRAINING

- Duration:** 1 Day.
- Audience:** Any person who has the need to work close to an unprotected edge or climb site structures and requires the use of personal fall protection equipment.
- Course Aim:** To provide practical experience and education so that unprotected edges can be reached and site structures can be climbed safely using PPE that protects against a fall.
- 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 twin energy absorbing lanyards
Understanding suspension intolerance
Use of self rescue techniques
Understanding the hierarchy of fall control measures
Identifying work at height 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.

