

**Intended for:** For persons required to work in specified locations. Provides education and practical training in the use of the specified types of personal fall protection given below.

**Introduction:** This course includes the half day Awareness of Work at Height syllabus as the first half, then goes on to cover pre-use check, installation, methods of use and possible defects for specific types of fall protection.

The importance of proper sizing and fitting of equipment is covered, together with an explanation of suspension trauma and the importance of rescue. Practical experience of each working method is given, in realistic situations of use.

### CONTENT

**Knowledge:** ACWAHT syllabus - seeTFP0  
General criteria for the use of fall protection equipment.  
"10 points" as described by the Work at Height Safety Association  
Compatibility  
Pre-use checks  
Installation (positioning), fitting and wearing  
Methods of use  
Dismantling  
Defects  
Rescue and suspension trauma

**Practical skills:** Practical use of fall protection equipment, as agreed with the client. As a minimum:

Harness fitting and adjustment  
Use of energy absorbing lanyards  
Fall arrest blocks  
Vertical fixed systems

**Entry Requirements:** A self-certified statement of reasonable fitness will be requested prior to attendance.

**Assessment Method:** Written and practical

**Course Duration:** 1 day

**Candidate Ratio:** 1:6

**Revalidation Period:** Certification valid for 3 years.