

**Course reference:TFP5U**

**Syllabus reference: TS-TFP5U**

General information:

Start 9.00      Finish 5.00 or as required

Each session is approximately 100 minutes duration.

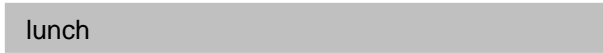
Lunch break 45 mins – coffee breaks 15 mins.



Legal requirements and guidance.  
The Work at Height Regulations  
Safe systems of work  
Risk assessment  
Safety critical points – MEWPS and portable towers

coffee

Methods of fall protection  
Characteristics of FPE  
Anchor types for fall protection  
Access and egress, inspecting the workplace and equipment  
Emergenices - suspension trauma



lunch

Using fall protection equipment:  
Fitting of a full body harness  
Restraint, positioning and fall arrest.  
Common vertical safety systems  
Use of lanyards, ladder climbing  
Use of positioning equipment

coffee

Emergency procedures  
Exposure to height  
Practical assessment in equipment usage  
Written assessment  
De-brief and close

