

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, 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 syncope and the importance of rescue. Practical experience of each working method is given, in realistic situations of use.

CONTENT

Knowledge: All of -syllabus TFP0- Introduction to personal fall protection (WAHSA)

General criteria for the use of fall protection equipment. as follows:

- Safety harness and lanyard
- Fixed vertical and horizontal fall arrest systems
- Fall arrest blocks
- Restraint system
- Temporary vertical and horizontal line
- Dead-weight anchors
- Compatibility
- Pre-use checks
- Installation (positioning), fitting and wearing
- Methods of use
- Dismantling and defects

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:

Medical Req: Physical fitness with no contra-indications for working at height. 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.