

**Intended for:** For rescue team or emergency team members from any industrial environment who need to be able to provide their own personal safety system when working at height.

**Introduction:** Teaches simple techniques for protecting from falls from height.  
All aspects of fall protection equipment selection, use and maintenance are covered. The course also covers the selection of anchorages and the use of restraint systems.

## CONTENT

**Knowledge:** All of - syllabus TFP0 - Introduction to personal fall protection (WAHSA ), plus:  
Awareness and understanding of RescuePack contents and functions  
Awareness of methods to achieve safety at height  
Methods of equipment inspection  
Fall factors  
Selection of safe anchorages  
Abrasion and edge hazards  
Awareness of basic roof safety systems

**Practical skills:** Demonstrate the use of RP for personal safety.  
Fitting a fall protection harness  
Use of lanyards for restraint and fall arrest  
Anchorage slings  
Edge protection  
Restraint equipment  
Single point anchorage selection  
Figure of 8 knot

**Entry Requirements:** Should be comfortable with exposure to height.

**Medical Req:** Physical fitness with no contra-indications for working at height. A self-certified statement of reasonable medical fitness will be required prior to attendance.

**Assessment Method:** Assessment is by practical and written test of specific competence elements.

**Course Duration:** 1 day                      **Candidate Ratio:** 1:6 maximum

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