



## Safety Harness Theory

### Aims

This course will provide a foundation for those involved in work at height using Personal Fall Protection Equipment, provide supervisors an insight to the requirements and safe use of PFPE for work at height, provide a good understanding of the principles for using PFPE and awareness of BS8437: 2005, Code of practice for selection, use and maintenance of personal fall protection systems and equipment for use in the workplace.

### Who Attends

A theory based, foundation course for workers involved in Work at Height using Personal Fall Protection Equipment (PFPE). This course is designed to give operatives a thorough understanding of the principles of using PFPE including how to select the correct equipment for the task, pre use inspection, safe use, maintenance and mandatory record keeping.

### Course Content

- Full Body Harnesses
- Lanyards (Restraint / Work Positioning / Fall Arrest)
- Retractable Fall Arresters / Inertia Reels
- Guided Fall Arresters
- Connectors
- Anchorages
- Damaged / Post Fall Equipment
- Understand the legislation surrounding work at height and how this relates to them.
- Understand the categories for safe work at height and the potential loads imposed on the equipment used.
- Understand equipment standards and how they relate to user demands and their expectations.
- Be able to carry out and understand the importance of pre use inspections and checks.
- Understand the importance of mandatory inspection and record keeping by an impartial competent person.
- Understand the implications of being suspended in a harness and the importance of rescue provision when working at height.
- Have an awareness of the planning and selection of methods of work at height.
- Have an understanding of the guidance given in the HSE notice regarding using of harnesses in MEWP's. (MISC614)
- Be able to plan and select the correct equipment for a given task
- Have an awareness of hazards related to work at height
- Each candidate will be expected to fit and adjust a full body harness
- Candidates will identify different styles of work at height PPE
- Candidates will be expected to identify damage on samples of equipment

### Course Duration

This is a 1/2 Day Course.

### Maximum Candidates

Maximum attendees: 15 candidates.

### Qualification Obtained

On successful completion candidates will receive a certificate valid for three years issued by Spanset.

### Entry Requirements

**\*PLEASE NOTE\*** all online bookings are **provisional** until confirmed with you by our training team.