

Safety Harness Course

To provide the delegate with an appreciation of the safe use and inspection of safety harnesses.

The syllabus includes:

- Why we need to train
- Health & Safety at Work act 1974
- PUWER 1998
- Personal Protective Equipment Regulations 1992
- Management of Health & Safety at Work Regulations 1999
- Working At Height Regulations 2005
- Personal risk assessment
- Equipment Types
- Equipment Checks
- Maintenance & storage of equipment
- Selection and use of equipment
- Suspension trauma
- Rescue planning

Delegates who successfully complete this course will receive:

Certification valid for 5 years

Duration:

Half day (4 hours)

Maximum Trainees:

10