

COURSE DURATION:
HALF DAY COURSE

CANDIDATES: UP TO 10 PEOPLE



COURSE ENTRY CRITERIA: All applicants should be physically fit, and generally in good health and any problems with fitness, literacy or language comprehension must be brought to the attention of the employer. This need not necessarily preclude any persons from attending the course provided the employer conducts an assessment and is able to put into place adequate measures to take account of any difficulties they may have.

AIMS: To instruct a user to correctly select, inspect and use a harness and associated personal protective equipment.

OBJECTIVES: At the end of the course the candidate will:

- Be aware of the relevant Health and Safety Regulations.
- Be aware of the needs with regard to Personnel Protection Equipment (PPE) against falls from height and the relevant requirements.
- Be able to identify and select the correct form of PPE, and inspect / maintain a harness and lanyard.
- Be able to fit, adjust and correctly use the harness and lanyard.

THEORY: At the end of the course the candidate will know:

- The relevant legislation including: HASWA, WAHR, PPE, CE marking and EN standards.
- Understand hazard analysis and risk assessment.
- The definition of the categories for safe work at height, including the potential loads generated when working with MEWPS when required.

THE COURSE PROGRAMME:

1. **Course registration and Introduction**
2. **Legislation, Standards & Guidance:** HASWA 1974, MHSWR, WAHR 2005, PPE, PUWER, LOLER, CE / EN markings.
3. **Hierarchy and Fall Protection measures:** Categories for safe work at height, covering Avoidance, Work Restraint, Work Positioning & Fall Arrest, including potential loads generated when applied to MEWPs.
4. **The use of Harnesses in MEWPs:** Including the current IPAF / HSE guidance in relation to different MEWP categories.
5. **Harnesses, Lanyards & Fittings**
6. **Inspections & Examination**
7. **Fitting & Adjustment:** Incorrect / Correct fitting - to include a practical session during which all trainees inspect and correctly fit and adjust their own harness and lanyard, with the help of a colleague, discussing the Buddy System.
8. **Usage & Anchor Points**
9. **Storage & Maintenance**
10. **Hazards & Precautions**
11. **Rescue Requirements**
12. **Written Theory Test:** Multiple choice question paper, following an explanation of pass requirements, failure would mean the applicant will have to re-sit on another day.
13. **Course Evaluation:** Course summary and evaluation, then close.

Note: People trained to the levels set out above are capable of carrying out the day to day inspections of their own equipment. However these people are not considered to be 'competent persons' for the purposes of mandatory periodic inspections for equipment being used by others, and if they or their company require this service we recommend they discuss this with their instructor, who can arrange the necessary additional training to enable them to gain 'competent person' status.



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