

HARNESSES & FALL ARREST OPERATION

MAX NO. OF DELEGATES:

10

DURATION:

0.5 DAY

LENGTH OF CERTIFICATION:

3 YEARS

ACCREDITATION:

NPORS



WHO SHOULD ATTEND

This programme is designed for employees, supervisors, and managers working at height in various scenarios or for those who supervise at height activities and use fall arrest systems and the associated harnesses.



COURSE AIM

This course will provide you with the basic skills, knowledge and information to safely carry out safe and effective working at height tasks using fall arrest systems



TRAINING METHODS

A proportion of hands-on demonstrations and practical exercises, supplemented with classroom based tutorials. Students will be required to demonstrate their new skills in a range of scenarios using fall arrest systems and the associated harnesses.



LOCATIONS

Cardiff, Swansea, Client Site



COURSE CONTENT

- Relevant legislation
- What are the Hazards
- Duty of care
- Risk assessments and safe system of work
- What is considered working at height
- Understanding the equipment used and identify the key components
- Select suitable types of harness
- Conduct material, label and last date tested checks
- Correctly fit and remove the harness
- Demonstrate the correct procedures for using fall arrest
- Safety signs and signals
- Storage of harness and fall arrest systems when not in use
- PPE
- Practical assessment



ADDITIONAL INFO

This training can be carried out at clients' premises but full fall arrest system and harnesses must be available, tested and in date.

Training can also be undertaken at COTS' fully equipped training centre in Llandarcy.