

Harness for Users



Who should attend?

- All those who use safety harnesses as part of their work, whether occasionally or every day. The Work at Height Regulations require that training is provided in the selection, use and inspection of this critical piece of equipment.
- Those who manage or supervise work with harnesses need to understand how the equipment works and which harnesses are right for which jobs, as well as the requirements for anchorages and inspections.



Course content

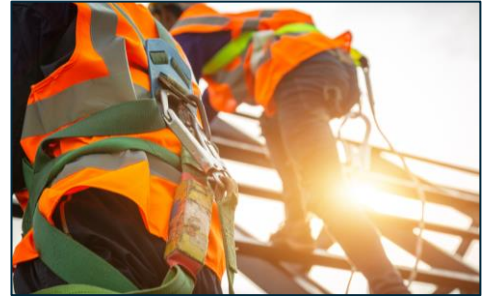
Safety harnesses used correctly save lives, but the correct technical knowledge is essential to ensure the equipment is suitable and can be relied on when we need it most. By the end of the session, delegates will:

- Understand the legal responsibilities of harness users and others
- Select the correct Personal Fall Protection Equipment
- Confidently conduct a pre-use inspection
- Understand different types of harness & intermediate equipment
- Understand correct fitting and use
- Understand equipment compatibility & limitations
- Understand connectors
- Understand anchor points and their suitability
- Understand rescue methods



Assessing learning outcomes

As well as a short, written test, delegates will need to successfully conduct an inspection of a harness including identifying a number of faults and demonstrate that they are able to fit a harness correctly.



Course duration

- ½ day



Refresher training

- Certification renewal required after 3 years



Please bring

- We advise you wear comfortable working clothing for this course



Equipment

Based in the classroom, delegates will have access to a wide selection of equipment that we will use in practical sessions.

If delegates wish to bring their own harnesses with them they can, but it is not essential as we have plenty of examples to use.





Course programme guide

Session 1

- **Regulations and guidance**
- Employer and employee duties
- Risk Assessment for harness use
- **Harness types**
- **Harness fitting**
- **Intermediate Equipment**
- Fall arrest - inertia reels / fall arrest blocks / lanyards
- Fall restraint - variable / adjustable / hybrid/ work positioning

Session 2

- **Anchorage**
- Temporary and permanent
- **Rescue**
- Conscious and unconscious
- Suspension syncope
- **Inspection**
- Theory and practical
- **End of course test**
- **Review and close**

