

# Harness for Users

## Who needs to 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.

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.

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 (PTO for details)

By the end of the session, delegates will be able to:

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

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.

## Assessment

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.

## What should I bring?

Please wear comfortable clothing - no other equipment is required but feel free to bring your own harness if you wish.

## Course Duration

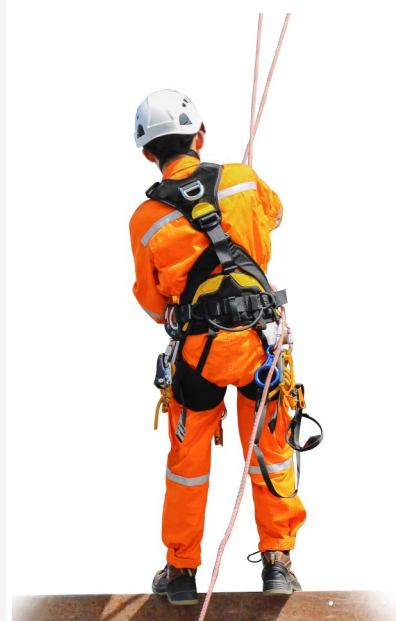
1/2 day

## Refreshers

We advise that you renew your training after 3 years

## Works with...

Work at Height Awareness



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## 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**