



High Bay Racking Access and Rescue



Course Aim

To provide delegates with the knowledge and practical skills to safely access high bay cranes and racking, including rescue provision in the unlikely event a warehouse operator should be suspended from their personal fall protection equipment.



Who Should Attend?

Warehouse operators who intend to access high bay racking and automated cranes using personal fall arrest systems, and use positioning techniques to carry out work at height.

Entry Requirements

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height.

Delegates must be 18 years or over.



Course Duration

This is a 2-day course.



Maximum Delegates

The maximum number of delegates is 6.



Certification

Delegates will receive a SpanSet certificate and photo ID card valid for 3 years on successful completion.



Agenda

Theory

- Understanding work at height legislation and its relation to warehouse operations
- Understanding categories for safe work at height and the potential loads imposed on equipment
- Understanding equipment standards and their relation to user demands and expectations
- Pre-use inspections and checks of Personal Fall Protection Equipment (PFPE)
- Mandatory inspections and record keeping by impartial competent persons
- Implications of suspension in a harness and the importance of rescue provision
- Planning and selection of methods of work
- Planning and selection of correct equipment
- Hazard awareness

Practical

- Pre-use inspection of PFPE
- Fitting and use of PFPE
- Access methods – using fixed guided type fall arrest system
- Moving in racking – using double legged fall arrest lanyard and horizontal safety lines
- Safe evacuation and rescue of an unconscious, suspended casualty
- Implementation of safe rescue procedures (Gotcha Rescue System)

