

Safety Harnesses & Vehicles - Fall Arrest (Capcha)



Course Aim

To provide delegates with the knowledge required to carry out pre-use checks and use the Capcha fall arrest system safely.



Who Should Attend?

Delegates who need the use of a Fall Arrest system for access onto vehicles or structures.

Course Entry Criteria

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and work at height are available on request).

Delegates must be 18 years or over.



Agenda

This course covers:

- Legislation surrounding work at height
- The categories for safe work at height and where the Capcha Systems fits within the hierarchy
- Pre-use inspection of harness and system
- Fitting and adjustment of a full body harness
- Attachment to the system and safe access on the vehicle and/or structure
- Safe movement whilst on the vehicle and/or structure



Course Duration

This is a half day course.



Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.

