

Harness - Rooftop Safety/Work Restraint (MOD 6W)

Course Aim

To provide delegates with the knowledge and practical skills to carry out pre-use checks and use pre-installed access systems.

Delegates will also be informed on how to set up work restraint systems for fall prevention using a variety of different techniques and equipment.

This course now includes Harness - Height Safety Equipment Appreciation and Inspection (MOD1) in the morning.

Who Should Attend?

Those who intend to access rooftops, or similar structures using preinstalled fall arrest systems and use work restraint techniques to carry out work at height.

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)

Course Duration

This is a 1 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.

Agenda

Morning

Height Safety Equipment Appreciation and Inspection (MOD 1).

Afternoon - Practical

The delegates will gain practical experience of using the following types of equipment to create work restraint systems:

- Full Body Harnesses
- Work Restraint and Fall Arrest Lanyards
- Work Positioning Systems
- Horizontal trans fastener type systems
- Temporary Horizontal Safety Lines

The delegates will gain practical experience of using the following types of equipment for safe access:

- Full Body Harnesses
- Permanently installed vertical systems
- Horizontal trans fastener type systems
- Double Lanyards
- Additional hazards relating to rooftop environments, such as fragile surfaces and dropped objects

Equipment Covered During Training

- Full Body Harnesses
- Work restraint and fall arrest lanyards
- Work positioning systems
- Horizontal trans fastener type systems
- Temporary horizontal safety lines
- Permanently installed vertical systems
- Double lanyards