



Practical Use of Personal Fall Protection Equipment (MOD 2W)



Course Aim

To provide delegates with the knowledge and practical skills to safely install and use their own personal fall arrest equipment.

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



Certification

Delegates successfully completing the course will be awarded a Certificate and a photo ID card, valid for three years.



Who Should Attend?

Those who intend to work at height using temporary fall arrest equipment / systems of work.

The course is aimed at those whose work includes a variety of environments and who need to select and use a suitable method of personal fall protection equipment, e.g. construction projects and offshore environments.

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.

Safety / Value / Availability / Support



[hsstraining.com](https://www.hsstraining.com)



0345 766 7799



training@hss.com

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Agenda

Morning

Height Safety Equipment Appreciation and Inspection (MOD 1)

Afternoon

Theory

- Gain an understanding of where Work Restraint can be used instead of Fall Arrest techniques to increase safety
- Have an awareness of basic Work Positioning techniques and where these can be applied to increase safety over the use of Fall Arrest techniques
- Have an understanding of the limitations of Fall Arrest equipment and how to improve safety with respect to reducing impact forces, reducing fall distance and clearance requirements
- Have an awareness of the common equipment abuses and how to select appropriate equipment to avoid this
- Gain an awareness of the Rescue Implications when using Fall Arrest Techniques
- Have an awareness of other hazards relating to work at height such as dropped objects, fragile surfaces, exposure to environmental conditions

Practical

- Correct Fitting of a Full Body Harness
- Selection of Anchorage Points
- Use of Anchorage Devices
- Work Restraint Techniques
- Pre-use Inspection, Installation and Use of Fall Arrest Blocks
- Pre-use Inspection and Use of Temporary Guided Type Fall Arresters
- Pre-use Inspection and Use of Single / Double Fall Arrest Lanyards
- Pre-use Inspection and Use of Work Position Lanyards
- Demonstration of Rescue Systems

Equipment Covered During Training

- Full Body Harnesses
- Example anchor devices (including Wire Strops, Attachment Slings and Horizontal Safety Lines)
- Single and Double Fall Arrest Lanyards
- Work Position Lines
- Fall Arrest Blocks / Retractable Type Fall Arrest Devices
- Temporary Guided Type Fall Arresters
- Work Position Lanyard and Harness
- Rescue Demo Kit (Gotcha)

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