



Rooftop Safety/Work Restraint



Course Aim

This course aims to enable delegates to carry out pre-use checks and use pre-installed access systems. Upon successful completion of the course delegates will also have the ability to set up work restraint systems for fall prevention using various techniques and equipment.



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.



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)

Safety / Value / Availability / Support



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Agenda

Theory

- Have an understanding of how to select the appropriate method of work as a result of defining their working environment in a risk assessment
- What is steep ground and when to use work position techniques
- The importance of avoiding hazards
- Correct setting up of work restraint systems
- Have an understanding of the limitations when using retractable lanyards in work restraint

Practical

Practical application of the following equipment when creating work restraint systems:

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

Practical application of the following 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

