

# Sage Safety and Training Ltd

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## Safe Use of Harnesses

This course is for candidates who use (or plan to use) fall arrest and restraint equipment in the course of their work. Harnesses and equipment supplied in the interest of safety for working at heights is mandatory in many working situations, including: forming, roof access, powered platforms, suspended access (cradles) and working in any location where injury could result as a fall from that height.

Appropriate training on the use of fall arrest harnesses is not only a regulatory requirement but can help to save lives.

**Who should attend?** Personnel who are required to use equipment provided for safety whilst working at heights.

### Course content

- Health & Safety at Work Legislation & Regulations
- Identifying types of fall arrest and restraint equipment
- Selecting fall arrest and restraint equipment
- Correct fitting of harnesses
- Shock-absorbing lanyards and fall arrest blocks
- Anchor points and connectors
- Care and maintenance of equipment
- Inspection of harnesses and recording requirements
- Manufactures instruction manuals and associated paperwork

**Competence Test** Delegates will be required to complete a short test paper.

**Duration of course** 1/2 day

**Materials:** Course Handout

**Intended outcomes:** Delegates who successfully complete the course will receive a certificate of training & ID card valid for 3 years.

