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Rooftop Restraint

This course is for candidates who use (or plan to use) fall arrest & restraint equipment in the course of accessing and working on rooftops and unprotected areas where injury could result from a fall from that height.

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

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

Prior knowledge All delegates must have a current rooftop safety awareness certificate.

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
- Pre-use inspections
- Shock-absorbing lanyards and fall arrest blocks
- Anchor points and connectors
- Latchway and other fixed systems
- Temporary systems
- Practical on our indoor rooftop training area.
- Manufactures instruction manuals and associated paperwork
- Multi choice test paper

Duration of course 1/2 day

Materials All delegates receive course handouts.

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