

Working at Height Awareness & Basic Harness

Accreditation	Sorted In-House
Course Duration	Half Day
Certificate valid for	3 Years
Grant Available	Subject to CITB eligibility

Who should attend?

Our Working at Height Awareness & Basic Harness training course is aimed towards anyone in any industry who needs a general understanding of working at height, is planning or arranging work at height activities, or is physically working at height. The harness aspect of the course is aimed towards those who work in construction, maintenance, cleaning, or access and are at risk of falling from a height.

Course Information

Course Content

- Work at Height Regulations and legislation
- Hazard identification, collective & personal protection
- Safe work at height procedures (including fall factors)
- Harness & restraint system awareness and fitting
- Inspection & record keeping – Harness, fall arrest lanyard, helmet, sling & connector
- Statistics and analysis for the cause of work at height accidents
- Planning work and Risk assessments
- Work at Height hierarchy and principles of prevention
- Trauma and other medical considerations which may occur during work at height
- The safe use, inspection and maintenance of a harness, lanyard and connector
- Correct fitting of a safety harness combined with a variety of fall protection equipment
- Working methods, safe use and installation including restraint, work positioning and fall arrest
- Hierarchy of fall prevention and protection measures set out in the Work at Height Regulations
- Introduction of Horizontal Life Lines both temporary and permanent
- Safe and suitable anchors
- Provisional Use of Work Equipment Regulation (PUWER) 1998 and Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 requirements
- Rescue requirements and considerations

Learner Numbers

The maximum number of learners for this course is 12.

Assessment

Learners' knowledge is assessed by a formal test at the end of the course through a multiple-choice examination paper. The course is pass / fail.



Certification

Those who successfully complete the course will receive a Sorted Training Working at Height Awareness & Basic Harness certificate valid for 3 years.

CITB Grant Levy

Available – Subject to CITB eligibility

