

Working at Height FP1 Basic Harness and Height Awareness Course

Course Aims:

This course is designed to provide operatives with the knowledge and tools to work safely at height

Venue Requirements :

Room required with lighting and power connections, for projector, and seating for up to 10 delegates.

Trainers Equipment:

The course trainer will provide all media equipment, and supporting material, we will also provide a selection of relevant PPE and equipment, however it is recommended that delegates make available their own PPE. (Harnesses/ Lanyards etc.)

Duration 4 hours minimum not including breaks

Delegate Requirements:

Delegates are required to provide plain/lined paper and pen for notes in preparation for examination upon completion of the course.

On attaining the relevant pass level delegates will receive a certificate of training.



Course Content:

- Introduction/ Course overview
- Overview of Legislation
- Accident Statistics
- Hierarchy of controls
Process Change
 - Passive Safety
 - Fall Arrest
 - Restraint
- Equipment selection
- Harness Donning/ Fitting
- Pre use equipment inspection
- Tracking and controlling equipment /Inspection Logs
- Rescue Planning/ Suspension Trauma
- Examination