



Safe Use and Inspection of Harnesses and Lanyards



Introduction

The HSE estimate that approximately half of all fatalities are attributed to working at height. When relying on personal fall protection it is essential that it is in good condition and used correctly. The Work at Height Regulations state that personal fall protection systems shall be used only if the user and a sufficient number of available persons have received adequate training specific to the associated tasks, including rescue procedures.

This course will familiarise delegates with the correct and safe use of harnesses, lanyards and anchor points for fall prevention and fall protection, as well as providing an awareness of hazards associated with working at height. Basic awareness training regarding emergency procedures will also be provided, not including design of rescue plans or practical training in rescue.

Delegates will learn how to put on and safely adjust a harness and clip into an anchorage point. Delegates should bring their own harnesses if they wish to be fitted in them, otherwise SSG will provide full-body harnesses for practice purposes. No practice at height will be carried out.



Course Duration

SSG offer this course over a half day as a classroom course.



Course Attendees

This course is aimed at those operating in lower risk working at height environments where access is straightforward and anchors are easily identifiable; including, but not limited to, maintenance, manufacturing or factory workers. Managers, business owners and PPE purchasers may also find this useful.



Course Programme

- Legal aspects
- Risks from working at height
- Components of a fall arrest system
- Wearing a harness
- Anchorage points
- Inspection and care of equipment
- Safe use of a safety harness
- Safe connection to anchorage points
- Awareness of emergency plans



Training Certification and Assessment

Delegates will be assessed on their input during group exercises as well as through an ongoing assessment. On successful completion of training, delegates will be issued an SSG course attendance certificate which is valid for three years. These certificates require renewal prior to the expiration date.



Suggested Follow on and Complementary Courses

- Working Safely at Heights