



## SAFE USE OF HARNESS & PERSONAL HARNESS INSPECTION



**Cost:**

Pricing available on request

**Duration:**

½ day

**Overview:**

Upon completion of this course candidates will be able to:

- Understand why fall arrest equipment is needed
- Know when an operative should be clipped on
- Understand how the use of a harness will affect working methods
- Understand inspection and recording requirements
- Understand the importance of anchor point selection
- Fit a harness correctly
- Understand the fatal risks of suspension trauma



**Assessments:**

Question paper

**Who is it for?**

This course is aimed at anyone who is required to use safety harnesses. It is also applicable to raise awareness of those whose role includes managing or supervising staff.

**Aim:**

To understand how to use a safety harness in a correct and safe manner

**Method of delivery?**

Classroom, demonstration and discussion

**Objectives**

To raise awareness of falls from heights and understand the correct use and basic personal inspection of harness requirements.

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