

Course Title	Course Duration
SAFE USE OF HARNESSES (Eco31)	½ DAY

Course Overview

The course is designed to provide all delegates with an appreciation for the safe use and pre-use inspection of Safety Harnesses/Lanyards/connectors. It will cover all aspects of general Harness usage that provides the knowledge required for any person who must work with or manage the use of Safety Harnesses and Lanyards for Fall Prevention and Protection Systems. The course will provide each delegate with information on legal obligations, regulations, hazards, correct standards, storage and rescue provisions to be considered.

Each delegate will also be instructed and assessed in their ability to carry out a pre-use inspection of a full body safety harness and lanyard, and to wear, fit and adjust a full body harness correctly.

Who Should Attend

Anyone in an organisation involved in the use of safety harnesses and fall protection equipment in general for working at height. The training course aims to provide each delegate with the base theoretical knowledge and practical experience required to effectively reduce the risks associated with working at height to determine when it would be appropriate to use personal fall restraint and arrest equipment and systems, and to carry out pre-use harness and lanyard pre-use inspections as required by regulations and approved codes of practice.

Other Requirements (e.g. Equipment needed)

Students must be physically Fit.

Students should bring along all the harnesses/lanyards/connectors, which they employ in their regular duties along with other Personal Protective Equipment issued to them by their employer for working at Heights.

Course Content

This course involves both practical and theoretical sessions. It will focus on:

- What is working at height?
- Legislation affecting working at height
- Employers Responsibility
- Employees Responsibility
- The Regulation Hierarchy
- Fall Factors
- Pre use inspection/thorough examination
- Risk Assessment
- Maintenance & Checking of equipment
- Fitting the harness
- Restraint/ Arrest/ Work Positioning
- Safe use of associated equipment theory
- Schedules

Course Outcome

EcoSafety Certificate issued on course completion which is valid for a period of three years whereupon Refresher training is recommended.