

Harness & Fall Arrest

Course Aims

It is envisaged that by the end of this course of training the learner will be able to answer questions on & perform the following.

Course Objectives

By the end of the training the Learners will be able to demonstrate:

- They have a basic understanding of industry, the dangers of working in the industry and their responsibilities as an operative
- Have a working knowledge of the manufacture's handbook for the harness/fall arrest equipment to be used
- Be able to locate and identify major components of the harness/fall arrest equipment
- Conduct all safety checks in accordance with manufactures and legislative requirements
- Select suitable types of Harness/Fall Arrest equipment relative to the work being undertaken
- Identify and maintain PPE appropriate for use
- Correctly fit and remove the safety harness/fall arrest equipment
- Carry out end of work inspections
- Environmental considerations
- Storage of harness/fall arrest equipment

Duration

Dependent on experience, we can tailor the training and testing to your requirements.

Pre-Requisites

Learners must be a minimum age of 16 years old.

Personal Protective Equipment

This course consists of theory and practical training and testing and requires learners to bring the following:

- Protective high visibility clothing to BS EN 471:2003
- Safety footwear to BS EN ISO 20345:2004
- Safety helmet to BS EN 397:1995
- General purpose gloves to BS EN388:2121
- Safety glasses to BS EN 166 and of Optical Class 1 with Impact Resistance F

Certification

This competency is valid for three or five years. A NPORS competent operator card, will be awarded to each successful candidate. **Note:** Any person wishing to have their card endorsed with the HSE logo will need to complete a CITB Health, Safety & Environment test within two years of the testing.

Should you have any questions/enquiries regarding this course, please fill out the form at the bottom of the [Training page](#) and will we endeavour to respond to you as soon as we can.