



COURSE SYLLABUS

Safety Harness Use & Inspection

Suitable For:

All personnel who are required to carry out work at height and also for managers and supervisors with a responsibility for others (including sub-contractors) who work at height and use safety harnesses.

Course Aim:

This course is designed to promote workplace safety through the introduction and safe use of safety harness equipment. It aims to raise awareness amongst personnel for the need to wear and use safety harnesses when working at height - and the need to adequately inspect the equipment before use, general maintenance and suitable storage.

Course Content will include:

- The Work at Height Regulations 2005
- Other relevant legislation (including: The Health and Safety at Work Act 1974, The Provision and Use of Work Equipment Regulations 1998 & The Management of Health and Safety at Work Regulations 1999)
- Safe Working at Height
- Manufacturers product information
- Pre use inspection of harness
- Safe systems of work
- Fitting the harness
- Care and maintenance
- Anchor points
- Storage of equipment
- Equipment withdrawn from service
- Rescue planning
- Inertia reels

The course is a mixture of theory and practical training / exercises.

Course Objectives:

On successful completion of this course, candidates will be able to safely and correctly use and wear safety harnesses when working at height and will have the practical skills to enable them to inspect the equipment before use.

Venue: Either on-site at clients' premises or at ITS Training Centre

Duration: Half Day

Candidates: Up to 10 per course

Certification: ITS Certification