



## **Safety Harness**

### **Who should attend?**

This course is designed for operatives, supervisors and managers, who may require fall arrest protection when working.

### **Course Aims & Objectives**

The purpose of this course is to give delegates the knowledge of how to use a safety harness correctly and to understand the dangers associated with their work.

By the end of the course delegates will:

- Understand all of the regulations required to ensure safety in the workplace
- Understand the risks involved in working at heights
- Be able to successfully inspect the harness to ensure safe use
- Be able to use a safety harness safely

### **Course Outline**

- Working at Height Regulations 2005
- Health & Safety at Work Act 1974
- When to Use a Safety Harness
- Risk Assessment
- Using Safety Harnesses Safely
- Hazards in the Use of a Safety harness
- Practical Inspection and Fault Identification

### **Certification**

On completion of the course delegates are awarded a certificate which complies with the recommendations of the Health and Safety commission approved code of practice. It is recommended that this course is refreshed every 3 years.

### **Duration**

½ Day

### **Location**

We can offer courses on company premises for a maximum of 12 delegates.