

## Harness Awareness and Fall Arrest

### Overview

This course is designed to give candidates the skills and knowledge to choose, inspect, fit and safely use a harness.

### Aims

To provide knowledge and understanding in the following areas:

- The industry, dangers and responsibilities of working in the industry
- The manufactures handbook
- Locating and identifying major components of the harness/fall arrest and explain their functions
- Safety checks in accordance with manufacturers and legislative requirements
- Selecting suitable types of harness/fall arrest relative to the work being undertaken
- Identifying and maintaining PPE appropriate for use and demonstrate correct use
- Correctly fit and remove the safety harness/fall arrest
- Carry out end of work inspections
- Environmental considerations
- Storage of harness/fall arrest

### Teaching Methods

- Theoretical training and assessment
- Practical training and assessment

### Duration

0.5 day (4 hours)

### Suitable for

Anyone using harness or fall arrest equipment

### Pre-requisites

None



## Accreditation Options

- Expedient Certificate – Valid for 3 years
- National Plant Operators Registration Scheme (NPORS) Card – Valid for 3 years

## Outcomes

Upon successful completion of this course, candidates will receive either an Expedient Certificate or an NPORS card

## Other Courses

- Safe Working at Height

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Operating from our Training Centre in the North East and delivering throughout the UK, we are happy to talk to you about your training needs, offering a tailored and cost effective solution.

For more information or to book a course  
contact us on:-  
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