

# Safety Harness Use and Inspection

## **Course Duration: Short Duration Course**

The Personal Protective Equipment at Work Regulations 1992 requires employers maintain fall arrest equipment in good repair. In addition, the Work at Height Regulations 2005 require that equipment should be inspected at suitable intervals.

LTC Training Services Ltd Safety Harness Use and Inspection course will provide candidates with the knowledge to inspect, fit and use harnesses and lanyards safely and correctly.

## **Aim and Objectives:**

By the end of the course candidates will have the basic theoretical and practical knowledge to be able to correctly select and use fall arrest and restraint equipment and carry out and record the inspection of harnesses and associated equipment for use in the workplace.

By the end of the course candidates will:

- Be aware of the relevant health and safety regulations and the employers and employees responsibilities regarding harness use and inspection
- Be able to safely put on, wear and work with harnesses
- Be able to inspect and record inspections as per current requirements

## **Course Content:**

- Legal overview
- Hierarchy of measures for PPE
- Identifying and selecting types of fall arrest/restraint systems
- CE – marking
- Care, maintenance and storage of harnesses
- Correct fitting of harnesses
- Anchor points and connectors
- Traceability, inspection and record keeping
- Practical assessment
- Multi-choice question paper
- Course evaluation

## **Pre-Requisites for Candidates:**

No formal qualifications or experience are necessary, but it would be beneficial if candidates had a basic understanding of work at height. Literacy and language comprehension are important requirements on all courses.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

## **Training Location Options:**

We offer this course from both our Devon and Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice (subject to the proposed venue having a suitable classroom facility and any other necessary facilities required for this course). Please contact us for further details.

## **Course Start Time:**

All courses unless agreed otherwise will commence 8:15am or 1:15pm

**Certification:**

Certificates are included in the cost of this course and are produced by LTC Training Services Ltd. They will be forwarded to the customer once payment has been received in full and are valid for 3 years.

**Equipment:**

Candidates are not required to bring any special equipment. Writing materials will be provided.

**Lunch and Refreshment Facilities:**

Lunches will not be provided. However water, tea, coffee, fridge and microwave facilities are available in our canteen for your use free of charge.

**Accommodation and Transport:**

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

**Number of Candidates per Course:**

A maximum of 12

**Refresher Training:**

LTC Training Services Ltd recommend that candidates re-attend this course every 3 years to ensure they are aware of current legislation and procedures.

(Date of latest revision: 1<sup>st</sup> January 2021)