



# Safe Use and Inspection of Harnesses and Lanyards

## Introduction

The HSE estimate that about half of all fatalities are attributed to work at height. When relying on personal fall protection it is essential that it is in good condition and used correctly. The Work at Height Regulations state that a personal fall protection system shall be used only if the user and a sufficient number of available persons have received adequate training specific to the associated tasks, including rescue procedures.

This course will familiarise delegates with the correct and safe use of harnesses, lanyards and anchor points for fall prevention and fall protection. The course will give attendees an awareness of hazards associated with working at height and effective control measures. Basic awareness training regarding emergency procedures will also be provided. This does not include design of rescue plans or practical training in rescue.

Practical Elements: Delegates will learn how to put on and safely adjust a harness and clip into an anchorage point. Delegates will need to bring harnesses normally worn to the session. No practice at height will be carried out.

## Course Duration

This course takes place over half a day.

## Who Should Attend

This course is aimed at those working in lower risk working at height environments where access is straightforward and anchors are easily identifiable. Potentially this could be maintenance, manufacturing or factory workers who are working at height and suitable anchorage points are already in place. Managers, business owners and purchasers of PPE may also find this course useful.

## Course Programme

- Legal aspects
- Risks from working at height
- Components of Fall Arrest Systems
- Wearing a harness
- Anchorage points
- Inspection and care of equipment
- Safe use of a safety harness
- Safe connection to anchorage points
- Awareness of emergency plans

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www.ssg.co.uk | 01752 201616 | info@ssg.co.uk

SSG Head Office: Valley House, Valley Road, Plympton, Plymouth, Devon, PL7 1RF



## Certification and Assessment

Delegates will be assessed by their input to group exercises as well as through an ongoing assessment. Certificates issued will be valid for three years and need to be renewed prior to the expiry date.



## Suggested Follow on and Complementary Courses



Working Safely  
at Height