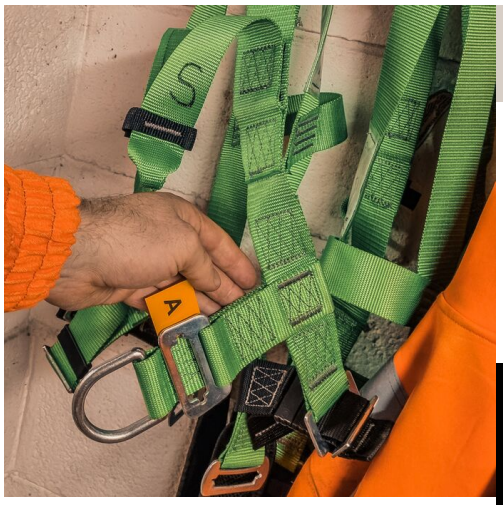
OUTREACH RESCUE



HARNESS AWARENESS & FITTING

Goal:

To equip personnel with the knowledge and skills to select, inspect, fit and check harnesses for themselves and their equally trained peers.

Target group:

Any workers who are required to work at height as part of their role.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Teaches fundamental skills in the use of harnesses
- Can be delivered using our stock of different harness types or the specific harnesses used in the delegates workplaces.
- This course is complimentary to other training that requires delegates to be familiar with harness use.

Harness Fitting

Course length

4 hours (1/2 day)

Instructor

1:8

Period of validity

3 years

Certification

Outreach Rescue Certificate of Attendance

Venue

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY. Contact us for delivery options at your site.

Description

This short course provides the most basic of requirements for those required to make use of a harness for their safe working at height. Initially delegates learn how harnesses fit into the Work at Height regulations, they will then get hands on with a variety of harness types, to ensure they can recognise the differences in construction and purpose. Delegates will fit and check harnesses a number of times on the course, and then put harness use into context with simple tasks such as ascending a ladder with a fall protection system, and to utilise a work restraint lanyard to prevent falling from an unprotected edge. The specifics of suitable fall protections systems the harness is used with are not covered on this course, and we offer other courses for this of longer duration. It would be expected that following this course delegates are separately trained in how to apply this knowledge in their workplace, and such examples could include attaching onto fixed systems or wearing a harness in a MEWP.

Compliance:

BS 8454:2006, BS 8437:2022, Work at Height Regulations 2005, LOLER 1998, PPE Regulations 2022

Previous knowledge:

No previous knowledge or experience required.

Requirements:

Age 18+. Participants must be fit for training including climbing ladders. There is a weight limit of 120kg due to equipment ratings.

Progression:

Recertification & Refresher training is recommended every 2 years by means of re-attending this course. Options for progressing onto more comprehensive Work at Height or Rope Rescue courses.

Theoretical elements:

- Classroom sessions cover the basics of legal requirements and compliance, harness classifications and standards, cleaning and storage, harness applications and how they fit into the Work at Height regulations hierarchy.

Practical elements:

- This course covers pre-use inspections of harnesses, fitting harnesses, checking & adjusting peers harnesses and using the harnesses for very simple work restraint purposes.
- There will be short and simple tasks involving being at height, such as climbing a ladder and working on a flat roof. No tasks requiring suspension are included.
- All specialist equipment is provided.
- Delegates must complete all tasks to complete the course.