



## **HA1 Height Safety and Harness Appreciation**

<b>Duration</b>	1/2 Day (2 to 4 hours)
<b>Location</b>	Classroom / Training facility
<b>Delegates</b>	Max 10 Students
<b>User Type</b>	All persons who may be required to control / make use of fall protection systems ( operatives, managers, supervisors)
<b>Aim</b>	To identify the basic hazards and awareness in working at height. Also the correct procedures and inspection of harness, lanyard and connectors
<b>Learning Objective</b>	To be competent in the inspection, documentation and the correct use of the equipment together with knowledge of anchorage points, fall arrest blocks, vertical and horizontal systems. They will also be aware of all current UK legislation, which applies when working at height. The student would be trained in hands on procedures in the inspection of equipment.
<b>Method</b>	A classroom seminar followed by practical inspection using the hands on method in the correct inspection of harness, lanyards and connectors and all relevant PPE
<b>Course Content</b>	<b>Classroom</b> Introduction to course content plus Objective and aims of course PPE Legislation, regulation and guidance notes. Outline risk assessment Highlight Hazards Conventional types of protection i.e. Scaffolding, Edge Protection Types of Fall Protection systems i.e. Fall Restraint ,Work Positioning, Fall Arrest and Rescue Harness correct use and donning Shock absorbing lanyard / connectors correct use Fall distances Static/Dynamic loads of harness and lanyard Use of connectors Anchor systems and loading Use of fall arrest blocks and basic rescue procedures Vertical and Horizontal Systems Prior use inspection of all equipment General Care and Maintenance  <b>Practical</b> - inspection awareness with hands on training
<b>Examination</b>	A written and practical exam.
<b>Certification</b>	On successfully passing exam and completing the practical training a certificate will be issued confirming the student has completed a Competent height Awareness Course including inspection and documentation of relevant PPE.
<b>Valid</b>	2 years from date of the training course
<b>Price</b>	POA