

# Harness & Fall Arrest Operation

**Max Number of Delegates:** 1 - 10

**Duration:** ½ Day

**Length of Certification:** 3 Years

**Accreditation:** NPORS

## Who Should Attend

This programme is designed for Employees, Supervisors and Managers working at height in various scenarios or for those who supervise at height activities and use fall arrest systems and the associated harnesses.

## Course Aim

This course will provide you with the basic skills, knowledge and information to safely carry out safe and effective working at height tasks using fall arrest systems and the associated harnesses.

## Training Methods

A proportion of hands-on demonstrations and practical exercises, supplemented with classroom based tutorials. Students will be required to demonstrate their new skills in a range of scenarios using fall arrest systems and the associated harnesses.

## Driver CPC Approved

**NO**, this is **NOT** a Driver CPC approved course

## Course Content

- Relevant legislation
- What are the hazards
- Duty of care
- Risk assessments and safe systems of work
- What is considered as working at height
- Understanding the equipment used and identify key components
- Select suitable types of harness
- Conduct material, label and last date tested checks
- Correctly fit and remove the harness
- Demonstrate the correct procedures for using a fall arrest
- Safety signs and signals
- Storage of harness and fall arrest systems when not in use
- PPE
- Practical assessment

## Additional Information

This training can be carried out at clients' premises but a full fall arrest system and harnesses must be available, tested and in date. Training can also be undertaken at COTS' fully equipped training centre in Swansea.

