

INTRODUCTION AND OVERVIEW

The Work at Height Regulations 2005 (amended in 2007) stipulate employers must have a plan in place for emergencies and rescue when working at height, assuming that the emergency services cannot be relied upon to provide immediate response.



TRAINING COURSE CONTENT AND ENVIRONMENT FAMILIARISATION

This is a practical course during which Trainees will be assessed on their competency when working at height using Personal Fall Protection Equipment.

A Work restraint System will be installed from where Trainees will be trained to operate in Work Restraint.

Trainees will be encouraged to discuss the structure and scope of work with Project Management and will be asked if they have concerns relative to any part of the structure or work methods.

EMPLOYER RESPONSIBILITIES

Provide and explain RAMS describing the task and any risks to employees involved in doing this work.

To plan work at height using the measures outlined in the hierarchy of controls.

Assess if this work be carried out on the ground or in a safe place to avoid working at height ?

Ensure that every employee that will be working at height is competent by providing the appropriate health and safety training for the task.

It is important that the correct equipment is chosen, that it is well maintained properly and functioning correctly.

Appropriate equipment should be provided to the employees, including Temporary Edge Protection, Podiums, Access Stairs, Personal Fall Protection Systems and Rescue Equipment.

EMPLOYEE RESPONSIBILITIES

It is important for the employee to take responsibility for their own and their colleagues safety.

To understand how to follow and implement the work at height, hierarchy of controls.

Never take on a task that you are not trained or qualified to do, let your employer know.

If your employer asks you to work in an unsafe way or contravenes health and safety regulations, you have the right to challenge them and refuse to do the work.

Resist the temptation to cut corners and save time by not following safe working procedures.

It's often the "quick-fix" job that leads to an accident.

Think about how a serious injury that could affect you (and your family) for the rest of your life.

Make sure that you get enough sleep and that you don't indulge in drugs or alcohol before working at heights.

Sleep deprivation and intoxication can affect your balance and make you more likely to fall, not to mention the risk of losing your job if you are working under the influence.

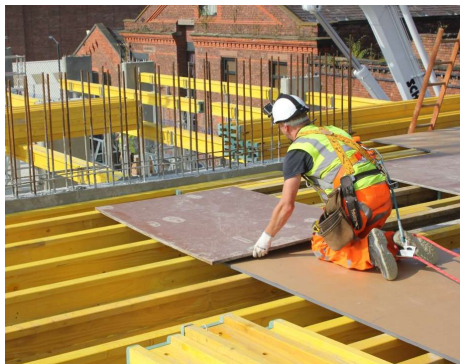
WORK AT HEIGHT HIERARCHY OF CONTROLS**ELIMINATE**

AVOID WORKING AT HEIGHT BY
INSTALLING TEP FROM THE
GROUND

EXAMPLE FIXING TEP TO
TABLEFORMS BEFORE LIFTING.

COLLECTIVE

INSTALL EDGE PROTECTION TO ALL
PERIMETERS , VOIDS AND
OPENINGS TO PROTECT ANYONE
WORKING ON THE STRUCTURE.

RESTRAINT

FOR WORK TASKS THAT
REQUIRE THE REMOVAL OF
EDGE PROTECTION, PREPARE
AND CONNECT TO A WORK
RESTRAINT SYSTEM TO
PREVENT FALLING FROM
HEIGHT

ARREST

FALL ARREST IS ONLY USED
WHEN WORK RESTRAINT IS
NOT POSSIBLE TO
IMPLEMENT.
EXAMPLE WHEN WORKING
WHILST CONNECTED TO
ALSIPERCHA

PERSONAL FALL PROTECTION EQUIPMENT

Personal fall protection equipment is selected, this will include Harnesses, Lifelines, Lanyards, Karabiners, Connectors and Ancillary equipment.

PRE-USE INSPECTION

All Personal Fall Protection Component's should be inspected before use and should carry a label with a serial number and conformity code.

The Trainer will demonstrate how to ensure that your Personal Safety Equipment is safe to use by carrying out a pre-use inspection.



DELEGATE COMPETENCE

The Trainees level of competence for working at height will involve donning their harnesses where they will be advised accordingly if it is not adjusted properly and worn loose.

When the training manager is satisfied with their level of competence when working with a harness and lanyard they are allowed to progress to Work Restraint Training.

A Temporary Work Restraint System consists of three principal components

ANCHOR DEVICES



Anchorage sling-
Steel or Webbing

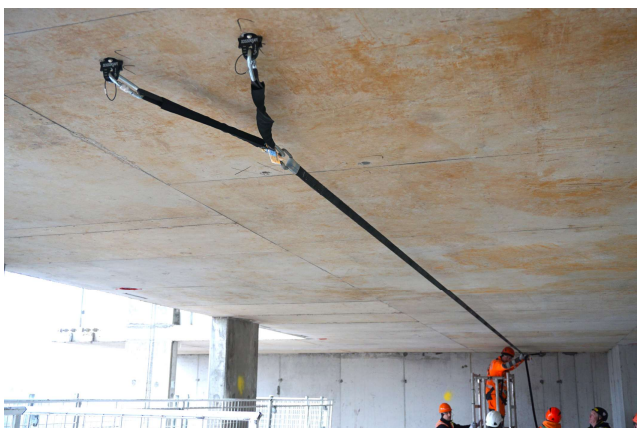


Drilled anchors



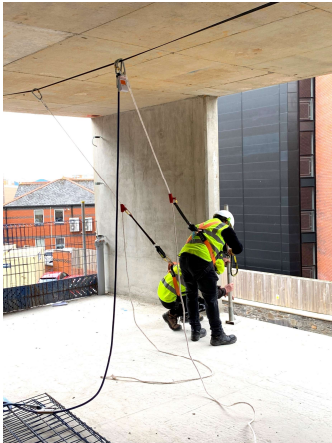
Scissorsafe
Cast-in Anchor system

Any component designed to be used for Anchoring a Personal Fall Protection System will be certified to EN 795 and will be marked with this, a CE logo and unique serial number.



Horizontal lifeline with Twin Anchors to withstand end loads.

CONNECTING DEVICES



An Adjustable Work Positioning Lanyard is a connecting device connected between an anchor point or horizontal lifeline (running-line). when used in a Temporary Work Restraint System.



Short lanyard with karabiner connector to Safety Harness

Snaphook connector to single anchors

Large karabiner for lifeline connection



Rope grab adjuster

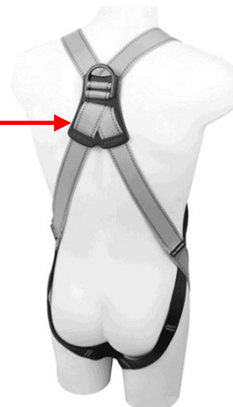
They are used when the distance from Anchor point to work area is greater than two metres which is the maximum length of a Work restraint lanyard.

The main benefit of using an Adjustable work positioning lanyard is the adjustment device, known as a Rope grab which allows the person using it to adjust the length of the rope easily by pressing the grab handle which when released grips the rope allowing restraint.

SAFETY HARNESS



Safety Harnesses should have front & rear connection points for Work Restraint



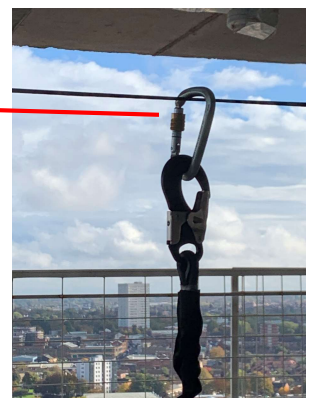
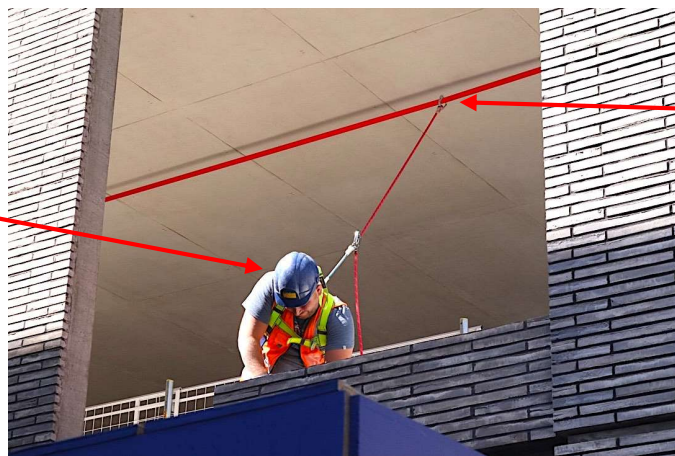
A Safety Harness is a body-holding device which comprises suitably arranged straps, fittings and buckles that have been designed to support and restrain the whole body of a person during and after an arrested fall.

It should fit the wearer with allowance for adjustment, carry a sufficient rating to support the weight of the intended user and have FRONT attachment point's for connecting to a Personal Fall Protection System.

WORK RESTRAINT SYSTEM



Cast-in Anchor system
eg Scissorsafe



Large karabiner or
connector to protect the
Lifeline

The Adjustable Work Positioning Lanyard is the connecting component that prevents the user operative from falling from his work position, but only if it is being used in tension.

Ideally the Lifeline will run parallel to the perimeter of the structure, at a minimum of 1.5 metres back from the slab edge, more if possible.

The user operative will run his tensioned lanyard at ninety degrees to the lifeline which will reduce the possibility of falling sideways.

This can mean continuous adjustment along the Lifeline and adjustment to a length that restricts accidental falling.

When working in true Restraint the Lanyard will have no slack, the user operative will feel restricted.

In effective use, he will have adequate mobility to install a façade until at a little less than arms length.

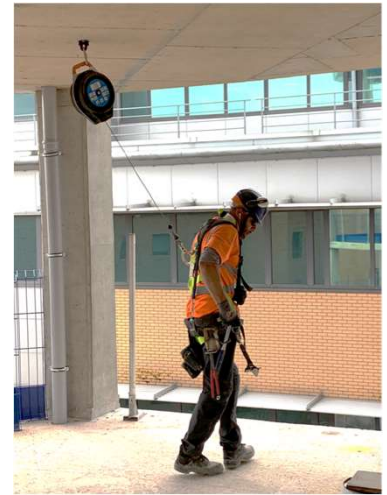
If a lanyard is used with slack rope and the user operative falls as a result of this, there is no deceleration in the system to lessen the fall impact.

WORK RESTRAINT SYSTEM

Trainees connect to an Anchor Point, usually a Horizontal Lifeline then are asked to adjust their Lanyards before allowing their full weight onto it.

This demonstrates the Work Restraint System.

If there are Fall Arrest components available to use, the difference in method between Work Restraint and Fall Arrest will be demonstrated.

**TRAINING SUMMARY**

SafetyRespect UK Ltd. Would like to thank you for trusting us to deliver your safety critical training.

The only outcome we consider successful is where your colleagues work safely with raised awareness of potential fall hazards, an improved understanding of Personal Fall Protection Equipment and the knowledge to contribute to Safety Planning.

We value and will appreciate your feedback relative to the content we have delivered to your colleagues during this course and will act on your suggestions.

Please contact me terry.gardner@safetyrespect.co.uk or call me 07860 111212

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