



Module 1

SAFETY HARNESS & WORK RESTRAINT TRAINING

Course syllabus

The work at height regulations

Legislation & legal responsibilities

Employer responsibilities / Employee responsibilities.

The work at height hierarchy

Plan to avoid working at height

Collective safety-Temporary edge protection systems to EN13374 Class A.(TEP).

Installation, Adaption, Inspection & removal of systemised TEP.

Personal systems - Work restraint & Fall arrest.

Personal fall protection equipment

Pre-use inspection of Harness, Horizontal lifeline, Restraint lanyard, Fall arrestors, Anchors
Wearing a Safety harness, adjustment for safe use, explanation and demonstration of connectors.

Connect and demonstrate the use of a Work restraint lanyard.

Connect and demonstrate the use of a Fall arrest device.

Assessment of the Trainees competence and understanding of this syllabus.