



HARNESSES

Training Schedule

Duration:	Minimum of half a day
Entry Criteria:	All applicants should be a minimum of 18 years old and be physically fit
Aims:	To instruct the correct selection, inspection and use of a harness safely when using an access platform

Objective:

At the end of the course the candidate will:

- Be aware of the relevant Health and Safety Regulations
- Be aware of the needs with regard to Personnel
- Protection Equipment and requirements
- Be able to identify and select the correct form of harness for use in a MEWP
- Be able to inspect and maintain harness
- Be able to fit and use the harness identified

Theory:

The candidate should:

- Know the relevant legislation including: HASWA, PPE, CE marking and EN standards
- Understand hazard analysis and risk assessment
- Understand the definition of the three categories for safe work at height to include a look at the loads generated when working with MEWPS

The following subjects will be covered:

- **Course registration and Introduction**
- **A definition of the three categories for safe work at height**
Fall Arrest, Work Restraint and Work Positioning. This will include a look at the loads generated in each category to allow the trainees to understand the potential loads created and where they can or cannot be applied in relation to MEWP's.
- **Fall arrest**
In depths look at this category of work to ensure all trainees are aware of the constraints and where it is appropriate for use.



(subjects continued...)

- **Harnesses suitable for use in MEWP's**
The pro's and con's of full body harnesses as against waist belts. The key strengths and weaknesses of both options. This will include practical demonstration using samples of each.
- **The correct fitting and adjustment of a full body harness. A demonstration by the trainer**
Each trainee will then demonstrate to the trainer that they can fit and correctly adjust a full body harness.
- **Selection of a suitable lanyard**
Fall Arrest lanyards versus Restraint lanyards. Fixed length versus adjustable versus loop. The strengths, weaknesses and concerns from a management control point of view. This will include practical demonstration using samples of each.
- **Inertia devices**
What they are designed to do and how they achieve it. What you need to identify prior to use.
- **Anchorage points suitable for use with height safety equipment**
What permanent anchor points are designed for. What to look for if you have to select an alternative.
- **CE certification, conformity and record keeping**
An explanation of the documentary evidence required when purchasing and maintaining height safety equipment.
- **Inspection criteria Basic harness inspection to identify visual damage, check trace ability and age**
Basic lanyard inspection to identify visual damage, deployment in the case of a fall arrest lanyard, check trace ability and age. Basic inspection of an inertia device to identify deployment of the load indicator where applicable, identify visual damage, check the function, check the trace ability and age. Basic inspection of industrial connectors.
- **Practical session - All trainees to correctly fit and assemble their harness and lanyard**
The trainees will be shown how to apply their knowledge to a pre selected range of machinery. This can include a wide range of commonly used machines or if requested be based around specific models. The details of the machines selected must be maintained along with the trainees' registration sheet.
- **Multiple choice test on the key points**
This will include the time for marking and discussion.

Review and Complete