



WAH – ZGT01

Safety Harness Training

COURSE OVERVIEW

This course is designed to provide workers with the knowledge and skills which enables them to work safely at height.

Pre-requisites

None.

Who Should Attend?

This course is for those working in low risk environments such as workshops and factories where access is simple and anchors are easily identifiable. This course would also benefit anyone who uses mobile elevated work platforms and ladders frequently. This essential course educates safe use, fitting and personal pre-use inspection of a safety harness.

COURSE OBJECTIVES AND CONTENT



- Introduction
- Legislation, Standards & Guidance
- Hierarchy of Fall Protection
- IPAF Harness Statement
- Harness Lanyard and fittings
- Pre use checks (includes practical exercises)
- Fitting and Adjustment (Includes practical exercise)
- Usage and Anchor Points
- Storage and Maintenance
- Hazards and precautions
- Rescue requirements and options
- Theory test Pass or Fail

Certification

All delegates receive a certificate valid for 3 years.

Course Ratio / Duration

12:1 (12 delegates to 1 instructor)

4 guided learning hours i.e. half day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144
or email us at: training@zerogravitysafety.co.uk**