



# Working at Height Harness & Lanyards Training Course

Course Code: CS1

## Introduction

The course is for those that work at height and use harness and lanyards, the Work at Height Regulations 2005 require that those people are suitably trained in the safe use of and have knowledge of inspection, the correct fitting and wearing of harnesses and lanyards and use whilst working at height.

This training applies to everyone within the workplace who puts people to work or works at height and would also benefit managers and supervisors in order that they understand their duties and responsibilities.

YOU DON'T HAVE TO BE AT HEIGHT TO BE WORKING AT HEIGHT

This course can be completed at our training centre or we can deliver it onsite.

## Content

Guidance on when Safety Harnesses and Lanyards need to be worn

Understanding the difference between Fall Arrest and Fall Restraint

Anchorage & selection of Approved Connectors

Pre-Use and Post Use Inspections

Identifying faults and damage

Reporting of loss or defective Equipment

Deployed Lanyards & Blocks subjected to Falls



Storage and Cleaning of Harnesses and Lanyards

Lifting policy for Harnesses and Inspections

Working at Height Regulations 2005

Operative pre-use checks

Storage

## **Aim**

On completion of this course the trainee will be able to identify defects which is the purpose of the inspection to discover and to have a basic understanding of the safe and correct use of Harness and Lanyards.

## **Participants**

This course is aimed at Operatives, Supervisors and Managers who use, supervise and audit; harnesses and associated products.

Candidates should be at least 18 years old and each candidate must Supply all their own PPE.

## **Certification**

Candidates who successfully pass the course will receive a certificate of attendance.

Speak to a course advisor

**01782 461 506**

**[admin@sestraining.co.uk](mailto:admin@sestraining.co.uk)**



Units 14-15  
Park Hall Business Village  
Park Hall Road  
Longton  
Stoke-on-Trent, ST3 5XAE

