

# Basic Harness Course

<b>Accreditation</b>	ESS Certificate
<b>Course duration</b>	Half Day
<b>Certificate valid for</b>	3 Years

## Who should attend

Aimed at people whose work involves exposure to a fall from height, whether in construction, maintenance, cleaning or access. The course looks at the health and safety implications of working at height, providing knowledge of potential hazards and control measures, including fall arrest protection.

## Course information

### Course Content

- Work at height recognition, definitions & Regulations
- Hazard identification, collective & personal protection
- Safe work at height procedures (including fall factors)
- Harness & restraint system awareness & fitting
- Inspection & record keeping – Harness, fall arrest lanyard, helmet, sling & connector
- Fall arrest, work restraint & work positioning awareness
- Use of fall arrest, work restraint (inertia reels, fall arrest lanyards)

### Health & Safety at work act 1974 Regulations;

- Personal protective Equipment at work regulations 1992
- Lifting operations & lifting equipment regulations 1998
- Management of Health & Safety at work 2005
- A brief guide to working safely (INDG258)

### Learner Numbers

In order to ensure the interaction between the learners and the tutor is spread evenly and effectively, the maximum number of learners allowed on a course is twelve.

## Assessment

A full observation by a competent ESS trainer and a multiple choice question paper.

## Certification

Successful learners will be awarded an Essential Site Skills Basic Harness Course certificate and ID Card valid for 3 years.

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## More details

### Benefits of Work at Height training

Second to Respiratory related illnesses only, Work at Height is the 2nd biggest cause of workplace deaths throughout the UK across all industries. To safeguard both the employer and employee, training on working at height procedures and processes is a MUST to avoid potential life changing injuries, if not death to an employee. A suitable and sufficient risk assessment for high risk activities must be carried out with the necessary safety precautions implemented and controlled - the only way to ensure legal and practical compliance is by attending one of our informative Work at Height courses.

Any person who is, or intending to work at height, and in particular those wearing a harness, must receive awareness and practical training on how to inspect and fit a harness correctly.