



## Harness Wear & Inspection

### Course Overview

Equips delegates with a base theoretical knowledge and practical experience required to effectively reduce the risks associated with using personal fall arrest equipment and systems, and to carry out with competence "pre-use" harness and lanyard inspections as required by regulations.

### Course Objectives

Provide delegates with the skills and knowledge to inspect, fit and use Safety Harness.

### Course Content

- H.S.W.A.
- P.U.W.E.R.
- P.P.E. Regs
- Other current relevant regulations
- Design and types of harness
- When to wear a harness
- Lanyards
- How to fit harness
- Defect reporting
- Inspections
- Safe anchorage
- Fall arrest
- Fall restraint
- Shock absorber

### Who Should Attend

All personnel required to use a safety harness or those responsible for others using them.

### Number of Candidates per Course

12

### Duration

One Day

### Course Outcome

Anglia Risk Solutions Certificate of Attendance