



## Safety Harness & Inspection

### Course Overview

To provide the delegate with an appreciation of the safe use and inspection of safety harnesses.

### Course Objectives

Delegates will achieve an understanding of the requirements under the Work at Height Regulations 2005, including the safe selection, use and inspection of harnesses and lanyards.

### Course Content

- Health & Safety At Work Act 1974
- Health and Safety Module
- Health and Safety Executive
- Correct use in the workplace
- Powers of the Inspector
- Work at Height Regulations 2005
- Falls and fall protection
- Fall arrest and new European Cen Standard
- Practical Usage
- Test paper

### Who Should Attend

This course is intended for delegates who use safety harness and lanyards in the course of their work.

### Number of Candidates per Course

12

### What to bring

- Safety boots
- High Vis Jacket
- Hard Hat

### Duration

One Day

### Course Outcome

Anglia Risk Solutions Certificate of Attendance