

# **WORKING AT HEIGHTS** **& FALL ARREST**

**This course is designed to allow for safe working at height and to ensure that candidates are competent in all current Fall Arrest and Working at Height methods.**

## **Course Content**

- **Legislation Governing Working at Heights**
- **Distinction Between Fall Arrest, Fall Restraint and Work Positioning**
- **Fall Factors, Loads and Forces**
- **Suitability and Selection of Different Systems**
- **Examination, Care and Maintenance of Equipment**
- **Practical Wearing of Fall Arrest Equipment etc.**
- **Practical Usage of Fall Arrest Equipment etc.**
- **After Use Care and maintenance of Equipment etc.**

**Duration:**           **Half day**

**No. of Delegates:**   **8 maximum per course**

**Certification:**       **On successful completion of this course, Shorcontrol Safety will issue a Certificate to each delegate, which is valid for 3 years.**