

Objective:

To ensure employees have the necessary knowledge to apply fall arrest – working at height methods.

Content:

- Introduction
- Legal requirements
- Fall arrest equipment
- Fall arrest equipment inspection
- Principles of fall arrest
- Safe operation and use of fall arrest equipment- Ladders
- Use of lifting supports with fall arrest equipment at elevated heights
- Different environments when working at elevated heights
- Fall arrest rescue
- General Safety
- Boatwain's Chair

Duration: 3 days, 10 Learners per course

Target Population: Everybody working at height.

Please [contact](#) Expectra for pricing on these courses