

# 01

Height Safety  
Lifting  
Lashing  
Safety Management

## HS MODULE 1

Height Safety Equipment  
Appreciation and Inspection

### DURATION

3.5 hours / 1/2 Day

### RATIO OF TRAINERS TO TRAINEES

1 Trainer to 15 Trainees

### PRE-COURSE INSTRUCTIONS AND ENTRY REQUIREMENTS

No Previous Experience Required

### OVERVIEW

- A foundation module for any employees involved in work at height using Personal Fall Protection Equipment.
- This module will also give supervisors an insight to the requirements and safe use of PFPE for work at height.
- The course is designed to give an operative a good understanding of the principles for using PFPE and will make them aware of BS8437: 2005 – Code of practice for selection, use and maintenance of personal fall protection systems and equipment for use in the workplace.
- This module is a theory based course intended as a prerequisite to practical training.
- Further details of the training facilities, first aid provision, insurance, etc are available upon written request.

# Height Safety Equipment Appreciation and Inspection continued.

## COURSE JOINING INSTRUCTIONS

### COURSE ASSEMBLY

Unless otherwise stated, all courses are held at QISC Doha, Qatar and will assemble at 0800hrs daily unless otherwise agreed. Delegates should report to the main training reception upon arrival.

### EQUIPMENT & CLOTHING

All equipment required throughout the course will be provided by QISC/SpanSet Ltd.

Candidates should provide their own comfortable clothing and footwear, with provision made for inclement weather conditions, i.e. fleeces, waterproofs, windproof, etc.

### FOOD & REFRESHMENT

Refreshments will be provided throughout the day on all courses.

A lunch will be provided on all courses of a day or more in duration held at SpanSet.

### ACCOMMODATION

Details of local accommodation on request.

## COURSE SYLLABUS

### Theory

- Understand the legislation surrounding work at height and how this relates to them.
- Understand the categories for safe work at height and the potential loads imposed on the equipment used.
  - Work Restraint
  - Work Position
  - Fall Arrest
- Understand equipment standards and how they relate to user demands and their expectations.
- Be able to carry out and understand the importance of pre use inspections and checks.
- Understand the importance of mandatory inspection and record keeping by an impartial competent person.
- Understand the implications of being suspended in a harness and the importance of rescue provision when working at height.
- Have an awareness of the planning and selection of methods of work at height.
- Have an understanding of the guidance given in the HSE notice regarding using of harnesses in MEWP's. (MISC614)
- Be able to plan and select the correct equipment for a given task.
- Have an awareness of hazards related to work at height.

### Practical

- Each candidate will be expected to fit and adjust a full body harness.
- Candidates will identify different styles of work at height PPE.
- Candidates will be expected to identify damage on samples of equipment.

## ASSESSMENT METHODS

### Details of written assessments

- All candidates will carry out a multiple-choice test covering the key point of the course. If a candidate gets a total score of less than 80% then the trainer will explore the candidates' knowledge of the topic. Where the candidate has a good understanding of the topic the result may be amended.

### Details of other assessment methods

- During the course of the day the candidates will be continually verbally assess by the trainer using working examples and scenarios to determine the candidates understanding of a specific topic.

## EQUIPMENT COVERED DURING TRAINING

Samples of

- Full Body Harnesses
- Lanyards (Restraint / Work Positioning / Fall Arrest)
- Retractable Fall Arresters / Inertia Reels
- Guided Fall Arresters
- Connectors
- Anchorages
- Damaged / Post Fall Equipment

## FEEDBACK TO CLIENT AFTER COURSE

- Photo ID card for all candidates, valid for three years.
- Certificate for all candidates, valid for three years.

## RECORDS TO BE MAINTAINED BY SPANSET

- Course registration sheet, including results of the assessment.
- Digital photo for duplicate issue of ID cards.
- Course feedback forms where completed.



Qatar International Safety Centre

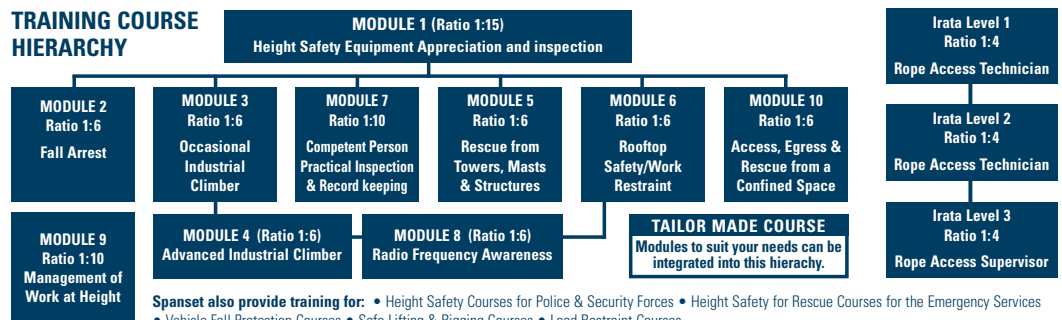
Qatar International Safety Centre W.L.L,  
Doha Main Office and Training Facility,  
Street 45, Salwa Industrial Area,  
PO Box 23651, Doha, Qatar  
Tel: +974 44501223 Fax: +974 44501220  
Email: training@madinagulf.com

www.qisc.net

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### TRAINING COURSE HIERARCHY



Spanset also provide training for: • Height Safety Courses for Police & Security Forces • Height Safety for Rescue Courses for the Emergency Services • Vehicle Fall Protection Courses • Safe Lifting & Rigging Courses • Load Restraint Courses