

01

Height Safety
Lifting
Lashing
Safety Management

HS MODULE 2

Practical Use of Personal Fall Protection Equipment

DURATION

3 hours / 1/2 Day

RATIO OF TRAINERS TO TRAINEES

1 Trainer to 6 Trainees

PRE-COURSE INSTRUCTIONS AND ENTRY REQUIREMENTS

- SpanSet Module 1 (1 Day duration for modules 1 and 2)
- All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and work at height are available on request.)
- SpanSet reserves the right to exclude unsuitable delegates from training courses.
- Delegate must be 18 years or over.

OVERVIEW

- This course is designed for those who intend to work at height using temporary fall arrest equipment / systems of work.
- On completion of the course they should be able to safely install and use their own personal fall arrest equipment.
- The course is aimed at those whose work includes a variety of environments and who need to select and use a suitable method of personal fall protection equipment, e.g. construction projects and offshore environments.
- During training delegates will be expected to carry out activities at height. This will provide an insight into the delegates' ability to operate in such conditions. This is only an indication of their capability, as it is not possible to recreate exact working environments.

- The actual height and exposure will be set out on the certification, but this is only to show what was included in the training. The height shown on the certification is not intended to limit the height at which the delegate can operate.
- Further details of the training facilities, first aid provision, insurance, etc are available upon written request.

GOTCHA CRD Rescue Training 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

- Gain an understanding of where Work Restraint can be used instead of Fall Arrest techniques to increase safety.
- Have an awareness of basic Work Positioning techniques and where these can be applied to increase safety over the use of Fall Arrest techniques.
- Have an understanding of the limitations of Fall Arrest equipment and how to improve safety with respect to:
 - Reducing impact forces
 - Reducing Fall Distance
 - Clearance Requirements
- Have an awareness of the common equipment abuses and how to select appropriate equipment to avoid this.
- Gain an awareness of the Rescue Implications when using Fall Arrest Techniques.
- Have an awareness of other hazards relating to work at height such as dropped objects, fragile surfaces, exposure to environmental conditions.

Practical

- Correct Fitting of a Full Body Harness
- Selection of Anchorage Points
- Use of Anchorage Devices
- Work Restraint Techniques
- Pre-use Inspection, Installation and Use of Fall Arrest Blocks
- Pre-use Inspection and Use of Temporary Guided Type Fall Arresters
- Pre-use Inspection and Use of Single / Double Fall Arrest Lanyards
- Pre-use Inspection and Use of Work Position Lanyards
- Demonstration of Rescue Systems

ASSESSMENT METHODS

Details of other assessment methods

- During the course of the day the candidates will be continually verbally assessed by the trainer using working examples and scenarios to determine the delegates understanding of a specific topic.
- In addition to the test carried out in module 1 all delegates will be monitored by the trainer throughout the practical sessions. Any concerns will be addressed by delegate and trainer on a continual basis.
- The trainer will use practical tasks to assess the delegates competence and understanding.

EQUIPMENT COVERED DURING TRAINING

- Full Body Harnesses
- Example anchor devices (including Wire Strops, Attachment Slings and Horizontal Safety Lines)
- Single and Double Fall Arrest Lanyards
- Work Position Lines
- Fall Arrest Blocks / Retractable Type Fall Arrest Devices
- Temporary Guided Type Fall Arresters
- Work Position Lanyard and Harness
- Rescue Demo Kit (Gotcha)

FEEDBACK TO CLIENT AFTER COURSE

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

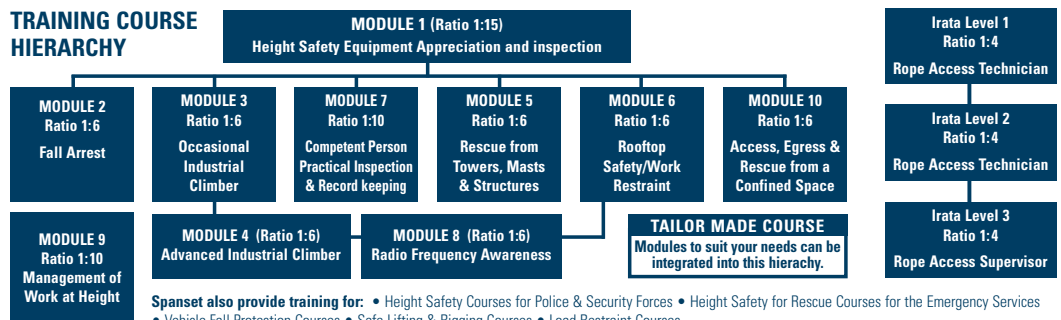
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TRAINING COURSE HIERARCHY



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