

01

Height Safety
Lifting
Lashing
Safety Management

HS MODULE 6

Rooftop Safety / Work Restraint



QISC
Qatar International Safety Centre

DURATION

3 hours ½ 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 6).
- 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.
- Delegates must be 18 years or over.

OVERVIEW

- This course is designed for those who intend to access rooftops, or similar structures using pre-installed fall arrest systems and use work restraint techniques to carry out work at height.
- On completion of the course they should be able to carry out pre-use checks and use pre-installed access systems. They will also be able to set-up work restraint systems for fall prevention using a variety of different techniques and equipment.
- 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.

Rooftop Safety / Work Restraint 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

- Define their work environment in terms of a risk assessment and be able to select the appropriate method of work as a result.
- Understand what constitutes steep ground and when work position techniques become necessary.
- Understand the importance of avoidance of the hazard where possible.
- Understand the correct setting up of work restraint systems.
- Understand the limitations of retractable lanyards for use in work restraint.

Practical

- The delegates will gain practical experience of using the following types of equipment to create work restraint systems:
 - Full Body Harnesses
 - Work Restraint and Fall Arrest Lanyards
 - Work Positioning Systems
 - Horizontal trans fastener type systems
 - Temporary Horizontal Safety Lines
- The delegates will gain practical experience of using the following types of equipment for safe access:
 - Full Body Harnesses
 - Permanently installed vertical systems
 - Horizontal trans fastener type systems
 - Double Lanyards
- Additional hazards relating to rooftop environments, such as fragile surfaces and dropped objects.

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
- Work Restraint and Fall Arrest Lanyards
- Work Positioning Systems
- Horizontal trans fastener type systems
- Temporary Horizontal Safety Lines
- Permanently installed vertical systems
- Double Lanyards

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.



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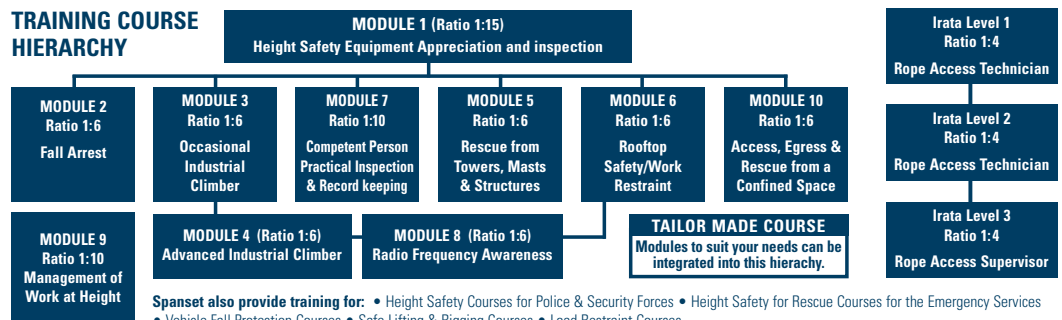
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TRAINING COURSE HIERARCHY



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