



SafeCert Training, Syllabus for 'Working at Height' 1-Day Course

Course	This full day training course provides the core knowledge required by any user of safety harnesses, lanyards, anchor points and their associated products
Course Objectives	To enable the trainee to identify the intended use of common items of fall protection equipment, requirements for pre use inspection and correct fitting and adjustment of a full body harness
Who will Benefit?	Anyone involved in the use of fall prevention/protection equipment for working at height
Locations	Rossendale Group Ellesmere Port, Lincoln or Wolverhampton training centres or client's location
Certificate Issued	Subject to passing written and practical tests on completion of the course, trainees are issued with a Safecert certificate of training
Ratio	Maximum 10 trainees per trainer

Course Content

- Legislation
- Mechanics of a fall
- Selection of fall protection equipment (includes common hazards associated with different equipment types) - includes practical exercise
- Pre-use inspection - includes practical exercise
- Anchor points and devices
- Donning a harness - includes practical exercise
- Storage, care and maintenance
- Rescue requirements and options
- Theory test paper (multiple choice)

Training Methods

- Lectures
- Printed course material
- Hands-on equipment
- Practical exercise
- Pre-use inspection exercise



Fall Protection Equipment

- | | |
|-----------------------|-------------------|
| • Harnesses | • Types |
| • Lanyards | • Uses |
| • Anchor devices | • Correct Fitment |
| • Associated products | • Pre-use Checks |

Certification

- Successful trainees will receive a Rossendale 'SafeCert' certificate on completion, subject to passing written and practical tests on completion of the course



Other courses available -
Lifting & Slinging, 2-day LEEA Accredited course
Lifting & Slinging, 1-day SafeCert course

Overhead Crane Driver/Operator, 1-day course
Slinger/Banksman, 1-day course