



Harness Awareness Training Synopsis

Course Length: ½ Day

Instructor Ratio: 1:8

Assessment: Practical\Oral

Certification: Certificate awarded on completion of course

Validity: 3 Years

Our Harness Awareness Training course follows the syllabus laid out by ACWAHT (Advisory Committee Working at Height Training). The course is delivered using a mixture of practical demonstrations, written handouts and overhead presentations.

The following areas are covered:

- Dangers of WAH and harness use including falls and orthostatic intolerance.
- Understanding Harness Markings. E.g. CE & EN markings and why they are important and what they mean.
- How to regularly inspect a harness and what checks should be carried out on a daily and 6 monthly basis.
- Caring for a harness including cleaning and storage.
- Going through the various forms of protection when working at height.
 - Clipping on
 - Work restraint
 - Fall Arrest
 - Various Lanyards used and the associated standard of EN355
- Calculating Fall Factors and implications from various fall factors.
- Documentation required before Working at Height commences. E.g. Method Statement Risk Assessment and Rescue Plan. Aspects of Rescue Plan that should be carefully considered. E.g. Lone Working and Retrieval.
- How a climbers attitude can keep operatives safe at work.