

The objective of this course is to provide awareness and develop knowledge amongst employees with regards to the hazards and risks posed by Working at Heights having to Use and Inspect a Safety Harness. The course further gives an overview of the legislative measures in place to permit employees to safeguard themselves and others affected by work activities.

Duration	Certificate	Number of Participants	Delivery	Assessment
Half a Day	Valid for 3 Years	Up to 8	Classroom Instruction	Multiple Choice and Practical

### Who is it for?

The Safety Harness Use and Inspection course is intended for those employees who are required to carry out thorough examination of harnesses, lanyards and connectors as a daily user and nominated competent person.

### What does it cover?

- Working at Height Regulations 2005.
- Hazards and Risks.
- Fall Prevention, Fall Restraint, Fall Protection and Fall Arrest.
- Harness Types.
- Identifying Correct Tie-off and Anchor Points.
- Pre-Use Inspection of Harness and Lanyard with Practical Exercise.
- Correct Wearing and Fitting of Harness with Practical Exercise.
- Harness / Lanyard Storage, Care and Cleaning.
- Rescue Provision Requirements.

### On completion of the course:

All candidates successfully completing the course in full will be awarded an MGL Group Training Services Certificate.

**For further information or to make a booking enquiry, please contact:**

**MGL Group Training Services**

Email: [training@mglgroup.co.uk](mailto:training@mglgroup.co.uk) or Telephone: 0191 383 9900