

## 01

Height Safety  
Lifting  
Load Control  
Safety Management

### PHS TRAINING 1

Introduction to Height Safety  
and Equipment Awareness

#### DURATION

½ Day

#### RATIO OF TRAINERS TO TRAINEES

1 Trainer to 10 Trainees

#### PRE-COURSE INSTRUCTIONS AND ENTRY REQUIREMENTS

- All officers to be registered on the course registration form
- All officers to be advised of the following:
  - Fire procedure
  - Toilets and welfare

#### OVERVIEW

- The course is designed to provide all officers at any level, a basic understanding of the requirements to assess systems of work and equipment to operate at height safely.
- An outline of the legislation relating to work at heights
- A guide to the options of how to comply
- A background in how equipment can be utilised to achieve this
- The details behind the equipment standards to ensure usage within the intended purpose.
- The criteria for issue, ID marking, inspection, record keeping, maintenance, storage and withdrawal from service.

#### COURSE SUMMARY

- Officers to carry out a multiple choice test of the key points
- Clarify areas of concern
- Summarise the topics covered during the course
- Issue course feedback forms
- Thank the officers for attending

## Introduction to Height Safety and Equipment Awareness

### COURSE JOINING INSTRUCTIONS

#### COURSE ASSEMBLY

Unless otherwise stated, all courses are held at SpanSet (UK) Limited and will assemble at 0900 hrs daily. Delegates should report to the main training reception upon arrival.

#### EQUIPMENT & CLOTHING

All equipment required throughout the course will be provided by SpanSet Ltd.

Candidates should provide their own comfortable clothing and safety 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/Practical

- Legislation
  - Health and Safety at Work Act
  - Management of Health & Safety at Work Regulations
  - Construction Health & Safety & Welfare Regulations
  - Personal Protective Equipment Regulations
  - PUWER
  - LOLER
  - CE Marking
  - EN Standards
- Inspection and record keeping procedures
- Limitations of use and when to retire from service
- Strengths and characteristics of equipment
- The importance of rescue provision
- The correct fitting and use of Fall Arrest & Work Positioning Harnesses
- Practical identification of damaged equipment using samples
- Identification of different styles of rescue equipment using samples

### ASSESSMENT METHODS

#### Details of written assessments

All candidates will carry out a multiple-choice test covering the key points of the course. If a candidate gets a total score of less than 80% then the trainer will explore the candidates' knowledge of the topic. Where the candidate has a good understanding of the topic the result may be amended.

### 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 candidates understanding of a specific topic.

### EQUIPMENT COVERED DURING TRAINING

Samples of

- Fall arrest manuals
- White boards and markers
- Fall arrest harness
- Work positioning harnesses and attachments
- Fall arrest lanyards
- Additional fall arrest equipment
- Damaged and deployed equipment
- Rescue kits

### FEEDBACK TO CLIENT AFTER COURSE

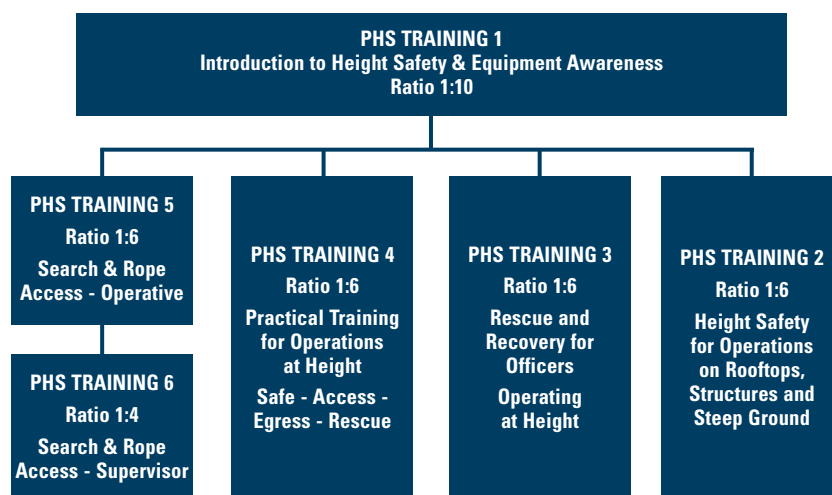
- Certificate for all officers, valid for three years
- Photo ID card for all officers, valid for three years

### RECORDS TO BE MAINTAINED BY SPANSET

- Course registration sheet
- Copy photo for duplicate issue
- Course feedback forms where completed



Design • Manufacture • Supply • Training



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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