

01

Height Safety
Lifting
Load Control
Safety Management

PHS TRAINING 4

Practical Training for
Operations at Height.
Safe-Access-Egress-Rescue

DURATION

1½ Day

RATIO OF TRAINERS TO TRAINEES

1 Trainer to 6 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

This course is designed as an enhancement to PHS Training 1 and is only carried out when officers have successfully completed that course.

OVERVIEW

- A practical and theoretical enhancement to PHS Training 1 to allow officers to safely access all ranges of structures, using either pre-installed or temporary equipment.
- All officers will be fully conversant with a pre-selected rescue system.

COURSE SUMMARY

- In addition to the test carried out in PHS Training 1, all officers will be monitored by the trainer throughout the practical sessions. Any concerns will be addressed by the officer and trainer on a continual basis
- The rescue will be carried out in stages, and if at any point the trainer is unhappy with the standard attained, then the officer will be unable to continue. If the matter is resolved, then the officer may re-join the course

- Summarise the topics covered during the course
- Issue course feedback forms
- Thank the officer for attending

COURSE SYLLABUS

Theory/Practical
In addition to PHS Training 1:

- The effects of fall factors
- Suitable selection of equipment for the intended task
- The need for careful assessment of rescue implications prior to commencing work.
- Anchor Selection
- Work Restraint Systems
- Work Position Systems
- Fall Arrest systems
- Exposure to Height

Practical Training for Operations at Height. Safe-Access-Egress-Rescue

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.

- Use of inertia devices
 - The use of dynamic life-lining systems in fall protection
 - Setting up simple hauling systems
 - The use of pre-assembled rescue kit
- The above work systems must be used and understood by all officers and their correct application explored.
- Correct fitting and adjustment of Fall Arrest and Work Positioning harnesses by all officers.
 - The safe use of all styles of Fall Arrest Lanyards
 - Ladder ascent and descent using in-situ permanent systems
 - Ladder ascent and descent using temporary systems
 - Installation of flexible line fall arrest systems
 - The use of horizontal trans-fastener type systems
 - The use of temporary horizontal line systems
 - Use and limitations of adjustable work positioning lanyard
 - The use of restraint systems and the potential variations
 - Importance of rescue provision

All of the practical systems must be demonstrated and their correct applications understood by all delegates in order to complete the course.

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 harnesses and lanyards
- Work positioning harnesses and attachments
- Damaged and deployed equipment
- Rescue kits
- Inertia blocks
- Rail lock travellers
- Slip lock travellers
- Flexible line fall arrester
- Latchway trans-fasteners
- Work positioning belts
- Double slinging fall arrest lanyards
- Double climbing bolt lanyard
- Dynamic ropes
- Tape slings
- Karabiners
- Gri Gri's
- GOTCH Range of 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

PHS TRAINING 1
Introduction to Height Safety & Equipment Awareness
Ratio 1:10

PHS TRAINING 5
Ratio 1:6
Search & Rope
Access - Operative

PHS TRAINING 6
Ratio 1:4
Search & Rope
Access - Supervisor

PHS TRAINING 4
Ratio 1:6
Practical Training
for Operations
at Height
Safe - Access -
Egress - Rescue

PHS TRAINING 3
Ratio 1:6
Rescue and
Recovery for
Officers
Operating
at Height

PHS TRAINING 2
Ratio 1:6
Height Safety
for Operations
on Rooftops,
Structures and
Steep Ground

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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