

# Personal Fall Protection Equipment Users Training Course

## Course Duration

1/2 Day

Session 1 - Classroom based theory  
Session 2 - Rooftop based practical application  
Session 3 - End of course assessment

## Course Aim

To show learners how to select, use and fit appropriate fall protection equipment, to provide a basic overview of the Work at Height Regulations, general safety considerations relating to work at height and to provide familiarisation with site specific fall protection equipment and conditions.

## Learning Outcomes

- Describe duties and responsibilities of employers and employees when conducting work at height.
- Explain the hierarchy of control for work at height.
- Carry out a pre-use check of fall protection equipment (harness and lanyard)
- Distinguish between fall arrest and fall restraint systems and describe when each system is appropriate.
- Fit a harness correctly and explain the importance of properly fitting PFPE.
- Identify fall protection kit from its label.
- Explain procedures and systems for inspection and examination of fall protection equipment.

## Scope

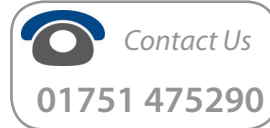
A certificate of training will be issued to successful delegates on completion of the course. The certificate is valid for 2 years.  
Instructor : delegate ratio 1 : 6

*The instructor has the right to exclude any trainee from training at any stage if they have concerns regarding the trainee's health and/or fitness or regarding the trainee's attitude with regard to maintaining safety during training.*

*Full details of the first aid cover provided for trainees and insurance cover carried by the training provider are available on request.*

ZT-011-3

**SAFETY @ HEIGHT TRAINING**



## Location / Requirements

The instructor will travel to the customer's site to deliver the training. A suitable training meeting/training room with mains power and space to set up a projector is required. The course can also be delivered at our training facility in Grantham, Lincolnshire - please contact us for further details.



# Zarafa

TRAINING