

Harness and Lanyard

Duration 1 day

Venue Lyon Equipment, Tebay, Cumbria

(training may also be available at customers' own venue)

Course code LT13

It is a requirement to provide suitable and sufficient training in the use of any Personal Protective Equipment. For fall arrest techniques, users must be able to use the equipment in a safe manner and be aware of the limitations of this equipment. We have designed this course to cover the basic information a user would need in order to use a harness and lanyard safely.

Who is this course for?

Suitable for users of fall arrest equipment, scaffolders, window cleaners, building maintenance workers and theatre technicians.

Prerequisites

Medically fit and healthy

The minimum age of candidates is 18 years

Course Content

Legislation

- Work at Height Regulations
- Risk Assessments

Types of access using Personal Fall Protection Equipment

Care, maintenance, inspection and disposal of Personal Fall Protection Equipment

Pre use checks

Correct fitting and adjustment of a range of full body harnesses

Climbing and moving around the structure

Energy absorbing lanyards

A selection of fall protection systems such as fall arrest blocks

The implications of using fall protection techniques

Consideration of anchor points

Potential fall distances

Assessment

The course assessment is by short written test and continuous practical assessment by Lyon staff.

Certification

A certificate of attendance and test will be issued to successful candidates.

It is recommended that further training is carried out within 3 years.

Full details of our first aid and insurance cover for trainees are available upon request.

Please see our course booking form for our training course terms and conditions.