

Working at Height

Duration	1 day.
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Target group	All personnels that perform Work at heights to more the 1.8 meters
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Prerequisites	Not applicate.
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Objective	Upon completion of the course the delegate will be able to: Discuss the fall risks specific to each situation. Explain the physics of falling arrest. Understand the importance and reason for inspecting your harness before each use. Perform an inspection of the harness. Determine the capacity of the fall arrest equipment. Explain the proper connection to the anchor points. Correct positioning and adjustment of a full body harness. Describe the correct way to store the fall protection equipment.
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Contents	The following topics are covered during the training: <ul style="list-style-type: none">• Personal systems and subsystems of attention of falls.• Personal protective equipment.• Appropriate selection of personal fall arrest systems (composition).• Care of equipment, inspection, maintenance and documentation.• Key factors in the use of equipment for work at heights.• Person in suspension.• Risk prevention in work at heights.• Correct use of stairs.• Safety and correct use of scaffolding.
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Exam	Demonstration of the competition to place the specific EPP in the training room.
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