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## Working At Height (incl. harness)

The course session follows manufacturing guidelines and industry best practices & standards.

Module 1 – Theory session c/w practical demonstrate

Module 2 – Practical demonstrations by the candidates during the course

Module 3 – Assessment paper & feedback



#### Key Information

Training can be held at our centre Select Lifting Academy, Barford Rd, St Neots, Cambridgeshire, PE19 6WB and On Site or other locations on request.



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# Working At Height (incl. harness)

#### **Course Overview**

This course combines a theoretical session complete with practical demonstrations for those who use or will use Work at Height Equipment. The aim and objectives are to provide personnel with knowledge and understanding of Fall Arrest and Fall Restraint equipment. This course is designed to enable candidates to understand and recognize the associated hazards and risks associated with Working at Height.

#### **Course Structure**

Classroom theory session complete with practical demonstrations throughout the course by the trainer. The delegates then have the opportunity to practically demonstrate their enhanced knowledge and awareness of Fall Arrest, Fall Restraint and associated equipment.

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Q & A

What practical exercises will be asked to demonstrate?

Select various items for Fall Arrest & Fall Restraint equipment, carry out pre-use checks and select a harness to wear and adjust for the correct fitting.

#### What qualification will I gain from this?

Select Training Academy Work at Height Certificate

Course duration - 7 hours

#### Will I have an assessment?

Delegates are assessed throughout the course by the instructor to identify any areas the delegate may need assistance with to ensure the understand the learning outcomes prior to sitting an assessment paper.

#### Who is most suited to this training?

Those who will be working at height and using fall arrest and/or fall restraint and associated equipment.

#### What are the course prerequisites?

Personnel wishing to gain basic understanding and appreciation for the above equipment PPE - Safety boots, Hard Hat, Hi Vis vest, gloves & warm/wet weather clothing.



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## Contact Information

Booking and enquires

Training@selectplanthire.com	
Enquiry form	<b>L</b>
www.selectplanthire.com/training- academy	

Please contact us via 'enquiry form' for any further queries





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