

COURSE CONTENT OVERVIEW

# Safety Harness Training



This Safety Harness Training course will give you the confidence to use fall arrest safety harnesses correctly.

By taking this training, you'll develop a strong foundational knowledge of how to put on, use and maintain your harness, as well as how to respond to a fall.

### **Module 1: Safety Harness Training**

This course introduces how to use fall arrest safety harnesses for working at height, including how to recognise and manage the associated risks, how to check, don and fit your harness and how to maintain your harness through proper cleaning and storage to prevent damage. It also covers how to respond if someone falls in their harness.

- Introduction to safety harnesses.
- How to perform a user check.
- Donning a safety harness.
- How to fit a safety harness.
- Safety harness checks.
- Wearing your safety harness.
- Cleaning procedures.
- Wet harness procedures.
- Storing your harness.
- Dirty harnesses.
- Responding to a fall.
- Suspension trauma.

## Aims of the training

By the end of this course, you will be able to:

- Identify the risks associated with improper use of safety harnesses and how to control them.
- Outline how to correctly perform checks on a safety harness.
- Explain how to correctly put on a safety harness.
- Explain how to maintain safety harnesses.