

INDUSTRY WORKING AT HEIGHT & SAFETY SYSTEMS (IWHSS)



Recommended For

Any persons required to work in areas of height or using height safety equipment (on scaffold, tower crane(s) and other tall structures. Provides theoretical and practical learning in the use of specific types of personal fall protection equipment.

Course Objective

This course prepares users to work safely at height using height safety and fall prevention equipment, both individually and in groups, and acts as a precursor to Tall Structure Rescue. It covers harness fitting and use, pre-use checks, installation, methods of use, and common defects. It also includes equipment sizing, suspension syncope awareness, the importance of rescue, and practical experience in realistic scenarios.

Course Requirements

Generally comfortable with working at height and/or accessing tall structures such as scaffolding and tower cranes. Delegates are expected to participate willingly in the practical activities, training & demonstrations.

Course Content

Knowledge

Introduction to personal fall protection. General criteria for the use of fall protection equipment, as follows:

- Safety harness and lanyard
- Fixed vertical and horizontal fall arrest systems
- Fall arrest blocks
- Restraint system
- Temporary vertical and horizontal line
- Compatibility
- Pre-use checks
- Installation (positioning), fitting and wearing
- Methods of use, dismantling and defects
- Rescue and suspension syncope
- Ladder safety

Skill Base

Practical use of fall protection equipment, as agreed with the client. As a minimum:

- Harness fitting and adjustment
- Use of energy-absorbing lanyards
- Fall arrest blocks
- Vertical fixed systems
- Safe ladder climbing

Provision of new enhanced first aid kit, specific to the site needs, which will be retained by site team upon completion of training.

COURSE DETAILS

**1 DAY COURSE
RATIO: 1:6**

ASSESSMENT

Practical Only

Certification valid for: 3 years

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All PPE & Equipment is provided for the duration of the course.

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This training course is delivered on your UK jobsite using your site plant & equipment.

Medical Requirements

A reasonable level of fitness will be required to complete the practical element of this course. Attendees should be generally fit and well. It is recommended that attendees also have a current Safety Critical Medical, with at least 12 months remaining. A signed statement of medical fitness is to be completed & signed prior to the commencement of the course.