

## TRAINING

# WORKING AT HEIGHT

## WHO SHOULD ATTEND?

Anyone who is working at height and needs to understand selection of Personal Fall Protection (PFP) equipment.

## WHAT IS THE DURATION OF THIS COURSE?

This is a one-day course which comprises theory, practical training and a written test paper, covering unit 1 and 2.

## WHAT ARE THE AIMS OF THE COURSE?

This course is designed to enable candidates to carry out work at height / harness safely and in accordance with the working at height regulations. The course provides a working knowledge of PFP best practice, carried out in compliance with BS8454.

Completion of the course provides candidates with the knowledge to select the correct type of fall protection and have the required skills to complete a pre-use inspection of the harness and lanyard assembly.

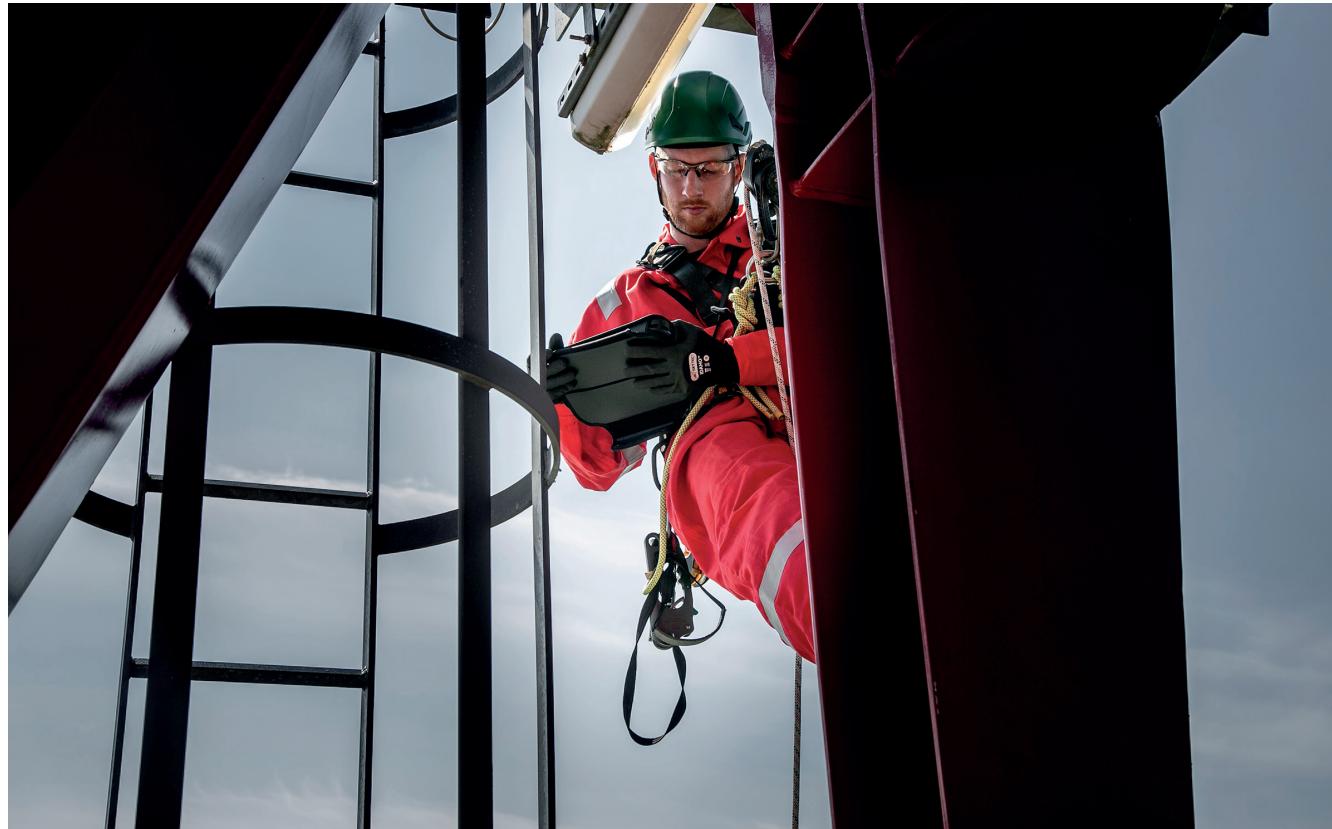
## WHAT WILL BE COVERED?

- Legislation – the working at height regulations
- Hierarchy of risk for fall protection
- General principles of personal fall protection
- Work restraint / work positioning / fall arrest
- Personal fall protection equipment and devices
- Use of harnesses
- Harness and equipment inspection
- Task based risk assessment
- Rescue and suspension intolerance / trauma considerations
- Practical training carried out on specialist training apparatus
- Dropped object prevention
- NLG kit.



**WHAT CERTIFICATE DO ATTENDEES  
RECEIVE ON COMPLETION OF  
THIS COURSE?**

An Altrad Sparrows working at height certificate is awarded on successful completion of the course, which is valid for three years.



**DELIVERY ASSURED**

For more information please visit [www.altradsparrows.com/training](http://www.altradsparrows.com/training)

**Developing competence  
and reducing risk**

Having worked in the offshore industry since 1975, Altrad Sparrows has unrivalled experience in offshore lifting operations, competence assessment and training. Our goal is to help build a strong safety culture in the workforce, reducing the frequency and severity of incidents which could cause harm to people or property.

We are the only company in the world to offer onshore coaching in a real offshore pedestal crane and a crane simulator. Delivered by our experts who are all staff and have hands-on experience in their fields, our programmes ensure students reach Altrad Sparrows' industry-leading standards. Training programmes are accredited to ISO:9001, OPITO and BFPA in the UK and API RP2D in the US.

As well as offering a number of standard courses, unlike many other training providers, we offer bespoke training solutions that meet our clients exact objectives. We can deliver our training at your location, both offshore and onshore.

