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## Competent Persons Height Safety Course

### Course Aims

This course is designed to provide operatives with the knowledge and tools to work safely at height, select and use appropriate equipment and perform periodic inspections of PPE.

### Venue Requirements

Room required with lighting and power connections for projector, and seating for up to 10 delegates.

### Trainers Equipment

The course trainer will provide all media equipment and supporting material, we will also provide a selection of relevant PPE and equipment, however it is recommended that delegates make available their own PPE. (Harnesses, Lanyards etc.)

### Duration

1 day

### Course Syllabus

Introduction/ Course overview

Overview of Legislation

Accident Statistics

Hierarchy of controls

Process Change

Passive Safety

Fall Arrest

Restraint

Equipment selection

Rescue Planning/ Suspension Trauma

Tracking and controlling equipment/Inspection Logs

Full periodic equipment evaluation

Practical session on equipment evaluation of damaged/uninspected samples

Examination

### Delegate Requirements

Delegates are required to complete the provided workbook and examination upon completion of the course. On attaining the relevant pass level delegates will receive a certificate of training and support manual.

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