



BASIC FALL ARREST **- 4 HOURS**

Target group:

All personnel that are or can be expected to climb and work in high structures.

Purpose:

To instruct the participants on the regulations and proper techniques for climbing and working in high structures such as masts, chimneys, towers, wind turbines, etc. Each participant will be will then demonstrate proper daily inspections, use and storage of fall arrest and work positioning equipment.

Number of participants:

Minimum of 3 and maximum of 6.

Prerequisites for participation:

Participants must be in good physical condition and capable of work in the selected work environment.

A physical statement must be completed with no adverse remarks. All participants must supply their own approved PPE to include:

- Hard Hat
- Gloves
- Safety footwear
- Ladder safety runner
- Full body harness
- Shock absorbing lanyard
- Work positioning equipment

Duration and place of training:

2 hours classroom demonstration and theory and 2 hours hands-on practical exercises.

Content:

- Introductions/Registration
- Working regulations/techniques
- Fall arrest equipment
- Ladder safety
- Daily inspection of equipment
- Fitting PPE
- Fall arrest practical and techniques
- Summary/evaluations

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