

## SAFE WORK AT HEIGHT BASIC TRAINING

### 8.30 - 9.00 Arrival

### 9.00 - 10.30 Introduction

- Hazard assessment (Regular/ Emergency situations)
- Statistics - Legislation
- Team/ Personal protection
- Introduction to EN363 - Personal fall protection systems

### 10.30 - 10.45 Break

### 10.45 - 12.30 Safe work at height theory

- Analysis of systems for personal protection
- Personal protective equipment:
  - Full body harness
  - Positioning lanyards and shock absorbing elements
  - Retractable fall arrester
  - Work positioning lanyard
  - Anchorage points (Class A,B,C,D,E)
  - Helmet
- Distance of free fall/ Swing effect
- Ascend/ Descent using Y type lanyard
- Inspection of equipment

### 12.30 - 13.00 Break - Lunch

### 13.00 - 16.00 Practice

- Inspection, application, proper use of equipment
- Work at height:
  - Ascend/ Descent using Y type lanyard
  - Installation and ascend/ descend using temporary vertical system with rope
  - Installation of portable anchorage points and life lines
- Rescue elements
  - Case study
  - Simulation
- Evaluation
- Review

\*\*This program is only for guidance and can be changed without prior notice

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