



# NORTHERN COUNTIES SAFETY GROUP LIMITED

Safety Training & Services to the Construction Industry

## FACTSHEET

### Harness Training

#### Course Entry Criteria

All applicants should be physically fit, in good health and should, generally, not have problems with eyesight or hearing, heart disease, high blood pressure, epilepsy, fear of heights / vertigo, giddiness/ difficulty with balance, impaired limb function, alcohol or drug dependence or psychiatric illness. It is, however, desirable (but not mandatory) that applicant should be literate.

#### Course Aims

To instruct a user to select, inspect and use a harness and associated equipment safely when using a MEWP.

#### Objectives

At the end of the course delegates will be able to:-

- Be aware of relevant Health and Safety Regulations
- Be aware of the needs with regard to Personnel Protection Equipment (PPE) against falls from height and the relevant requirements.
- Be able to identify and select the correct form of PPE against falls from height when using a MEWP.
- Be able to inspect and Maintain a harness and lanyard
- Be able to fit and use the harness and lanyard identified

#### Theory

The candidate should:-

Know the relevant legislation including: HASWA, PPE, CE marking and EN Standards.

Understand hazard analysis and risk assessment.

The definition of the three categories for safe work at height to include a look at the loads generated when working with MEWPS.

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## Course Contents

1. Course registration and Introduction
2. A definition of the three categories for the safe work at height.  
Fall Arrest, Work Restraint and Work Positioning. This will include a look at the loads generated in each category to allow trainees to understand the potential loads created and where they can or cannot be applied in relation to MEWPs.
3. Fall Arrest.  
An in-depth look at this category of work to ensure all trainees are aware of the constraints and where appropriate for use.
4. Harness suitable for use in MEWPs.  
The pro's and con's of full body harnesses as against waist belts.  
The key strengths and weaknesses of both options.
5. The correct fitting and adjustment of a full body harness.  
A demonstration by the trainer.  
Each trainee will then demonstrate to the trainer that they can fit and correctly adjust a full body harness.
6. Selection of a suitable lanyard.  
Fall Arrest lanyards versus Restraint lanyards.  
Fixed length versus adjustable versus loop.  
The strengths, weaknesses and concerns from a management control point of view.
7. CE certification, conformity and record keeping – an explanation of the documentary evidence required when purchasing and maintaining height safety equipment.
8. Inspection criteria Basic harness inspection to identify visual damage, check trace ability and age.  
Basic lanyard inspection to identify visual damage, deployment in the case of a fall arrest lanyard, check trace ability and age.  
Basic inspection of an inertia device to identify deployment of load indicator where applicable, identify visual damage, check the function, check the trace ability and age.  
Basic inspection of industrial connectors.
9. Practical session – All trainees to correctly fit and assemble their harness and lanyard.
10. Multiple choice test on the key points. This will include the time for marking and discussion.
11. Course summary and conclusion.