

### **Objective:**

To ensure employees have the necessary knowledge to apply fall arrest – working at height methods.

### **Content:**

- Introduction
- Legal requirements
- Fall arrest equipment
- Fall arrest equipment inspection
- Principles of fall arrest
- Safe operation and use of fall arrest equipment- Ladders
- Use of lifting supports with fall arrest equipment at elevated heights
- Different environments when working at elevated heights
- Fall arrest rescue
- General Safety
- Boatwain's Chair

**Duration:** 3 days, 10 Learners per course

**Target Population:** Everybody working at height.

Please [contact](#) Expectra for pricing on these courses