



Competent Person Practical Inspection & Record Keeping



Course Aim

To provide delegates with an insight into the design, testing and manufacturing processes, as well as practical activities involving inspection and testing of damaged equipment.



Who Should Attend?

Those whose work includes a requirement to carry out thorough examination of harnesses and lanyards as a nominated competent person.

Course Entry Criteria

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and work at height are available on request)

It would be beneficial, but not essential for delegates to have previous experience using personal fall protective equipment (harnesses & lanyards).

All delegates must be 18 years or over.



Course Duration

This is a 1 day course.



Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.



Agenda

Theory

- Legislation of Work at Height and Detailed Inspection “Thorough Examination” of Personal Fall Protective Equipment (PFPE)
- Equipment standards
- Work Restraint, Work Position and Fall Arrest categories of working using PFPE.
- Manufacturing, design and development process of PFPE
- Mandatory documentation and equipment traceability
- Knowledge of if PFPE is fit for purpose and when to remove it from service (preventing further damage and quarantine procedures)
- How to complete a detailed inspection “thorough examination” report

Practical

- Examination of harnesses, lanyards and associated PFPE for signs of fatal flaws and degradation
- Delegates record their findings of their inspections/examinations

Equipment covered during training

- Full body harness
- Work position harness
- Work position lanyard
- Adjustable work restraint lanyard
- Adjustable fall arrest lanyard
- Double legged fall arrest lanyard
- Retractable type fall arrester
- Dynamic self-retracting lanyard
- Anchorage sling – flat woven
- Anchorage sling – roundsling construction

Safety / Value / Availability / Support