

## GOAL

Learn how to handle personal fall protection safely and effectively.

## TARGET AUDIENCE

Employees who have to protect themselves with personal fall protection in the execution of their job.

## ADMISSION REQUIREMENTS

- Minimum age of 18 years;
- Valid certificate of medical fitness;
- No fear of heights

## COURSE

Training: 0,5 day

Theoretical examination: 30 minutes

Practical examination: 30 minutes

Language: Dutch / English

## CONTENT

Theory:

- Contents of the safety function;
- Interpret and comply with work permits;
- Standards and legislation regarding regulations and inspections;
- Fall hazards and risks;
- Inspection, care and maintenance procedures;
- Forces on the body and arresting a fall;
- Aspects of a good anchoring;
- Handling of the gear and loads;
- Usage of anchor points, safety lines, shock absorber and fall protection.

Practice:

- Putting on and adjusting the harness;
- General safety rules;
- Manipulate the gear and the load;
- Usage of anchor points, safety line, shock absorber and fall protection.

## VALIDITY CERTIFICATE

Maximum 10 years.

Every 5 years the company carries out an evaluation to check whether the employee still meets the condition.

## PRACTICAL INFO

- Maximum number of participants: 5
- Bring PPE and high visibility jacket