

# HARNESSE USER

Duration: 0.25 Days

Price (for up to 8 people): From £397 + VAT

Location: Element Safety (Sheffield) or on your site

[Only available as a bolt-on to an Awareness or Manager session]

Practical: 100%

Valid for: 3 Years

Assessment: Continuous

Building on the theory sessions learned earlier in the day, you may require harness training in some limited situations, which do not require the full *safe Work at Height* course.

**Course Aims** - To provide practical training - allowing the user to be confident with how to wear a work at height harness.

## THE COURSE COVERS:

- Harness suitability
- Fitting and adjusting the correct harness
- Harness connection
- Inspection and harness care

## THE COURSE WILL ENABLE DELEGATES TO:

- Physically fit it and adjust a suitable harness for working at height
- Know the difference between harnesses and why certain harnesses are used for specific tasks
- Experience the different ways of attaching to and being suspended in a harness.
- Practically inspect, care for and maintain your harness

Harness User Training only available as a bolt-on 0.25 days, £397 + VAT  
Can be bolted-on to an awareness or manager session

## SO WHAT DOES THIS MEAN...

This 1/4 day course will extend your knowledge from theory to physical fitting and adjusting of a suitable harness.

Questions can be asked and advice freely given to help your team determine the correct harness for the tasks you undertake.

The opportunity to be physically suspended within your harness from different attachment points and discuss which is most suitable for your task, for you were in suspension and the ramifications with regard to rescue.



**ELEMENT**

SAFETY ♦ TRAINING ♦ RESCUE