

WORK AT HEIGHT (PFPE USER)

PFPE - PERSONAL FALL PROTECTION EQUIPMENT

Duration

One day

Purpose

The aim of this course is to provide individuals with the skills to carry out work at height using personal fall protection equipment such as full body harnesses, energy absorbing lanyards, work positioning lanyards and mobile fall arresters. The course will involve classroom and practical elements.

Who

This course is aimed at Individuals who are required to work at height regularly such as tower climbers, scaffolders, maintenance engineers or anyone who is exposed to a fall from height in the workplace. Candidates must be at least 18, medically fit and healthy.

Content

This course is a mix of practical and theory, covering:

- Legislation, including:
 - Health and Safety at Work Act 1974
 - The Management of Health and Safety at Work Regulations 1999
 - The Work at Height Regulations 2005
 - The Lifting Operations, Lifting Equipment Regulations 1998
 - Personal Protective Equipment Regulations
 - The Provision and Use of Work Equipment Regulations
- Types of protection against falls from a height
- Types of access using Personal Fall Protection Equipment
- Selection and types of Personal Fall Protection Equipment for fall arrest
- Care, maintenance, inspection and disposal of Personal Fall Protection Equipment
- Pre use checks
- Fitting and adjustment of Personal Fall Protection Equipment before climbing
- Climbing and moving around structures using fall arrest lanyards
- Use of mobile fall arresters
- Use of work positioning lanyards
- Horizontal progression

Assessment

Candidates are required to undergo a practical and theoretical assessment by an independent IRATA qualified assessor

Certification

A certificate of attendance of training will be issued to successful candidates. Certificate valid for three years from date of assessment.