

## Harness - Fall Arrest Equipment & Lanyards

---

### Overview

This 1/2 day Harness - Fall Arrest Equipment & Lanyards course helps delegates to become competent in the use of harnesses when working at heights.

HSE state that operators and any other person being lifted by the MEWP need instruction in the correct fitting and use of the harness, lanyard, rescue equipment and the procedures for periodic inspection, maintenance and storage of fall protection PPE (especially textile equipment).

This course is ideal for those working on Boom lift/cherry picker.

### Course Content

- Legislation
- General Safety Measures
- Safe Access Measures
- Hazards
- Fall Protection Techniques
- Harness Fitting Guide
- European Standards
- Care and Maintenance of PFPE
- Inspection, record keeping and Maintenance

[The selection, management and use of mobile elevating work platforms HSE information sheet](#)

