

Work At Heights - Basics

Basic fall protection training authorized by the Nordic Safety Association (NSA). The course is intended for those who perform simple work at a height where fall arrest equipment is used as either a restraint or fall arrest. The course gives you a general understanding of the laws and norms that apply to fall hazard environments and how to use fall protection equipment in basic situations.

Target group

Those that perform simple work at heights, such as mobile elevated work platforms and scaffoldings. Also suitable for supervisors, managers, etc. who are responsible for personnel performing work at high altitude.

Course objectives

Understand the risks when working in fall hazard environments. Usage of proper fall arrest equipment. Follow laws and regulations.

Theoretical content

Risks when working at heights.
What happens when we fall / hang in a harness?
What do the Safety Authorities say?
Risk analysis and rescue plan.
Use and control of equipment.
Anchor points.

Practical content

Usage of fall protection equipment.
Work methods in fall hazard environments.

General information.

Max participants: 10 persons

Prerequisites: No Prerequisites Required

Course material: Included

Equipment: Borrowed on site

Food: Coffee is included in the price

Course location: Hewall Safety Sweden AB, Rörvägen 60, 13650 Jordbro

Course length: 1/2 day, 08.30-12.30

Certificate validity: 2 Years (NSA standard)

Quality assurance: The course complies to: AFS 1999:3, AFS 2001:03 and AFS 2006:4 and the Nordic Safety Association (NSA) requirements.