Occupational health and safety

Working at Height and Harness Use

Two days to work at height without falling and to know when a harness is the right answer. Participants learn to choose between collective and personal protection, to check, adjust and use a fall arrest system, and to move around the structures of your site. Practice is run with an equipped partner trainer, on your installations or on an exercise structure.

Duration : 2 days

Objectives

1. Identify the work-at-height situations on your site and the associated risks
2. Apply the hierarchy of protection: eliminate work at height, protect collectively, then individually
3. Check, adjust and wear a fall arrest harness, and choose the suitable lanyard system
4. Assess an anchor point and the required clearance before starting work
5. Move around while staying permanently attached and raise the alarm if a colleague falls

Programme

Day 1 — morning

• Falls from height: frequent causes in maintenance, production and construction

• Prevention principles: eliminate, protect collectively (guardrails, nets, platforms), then individually

• Choosing the means of access: ladder, stepladder, individual platform, scaffold, mobile elevating platform

• Company framework: risk analysis, work authorisation, instructions

Day 1 — afternoon

• Components of a fall arrest system: harness, lanyards, energy absorber, mobile fall arrester, retractable block, connectors

• Fixed and temporary anchor points, lifelines, clearance and fall factor

• Pre-use checks, storage, service life and tracking of equipment

• Exercise: inspecting equipment in good condition and equipment to be withdrawn

Day 2 — morning

• Donning and adjusting the harness, cross-check in pairs

• Moving on a structure with a double lanyard, never detached

• Work restraint and work positioning

• Effects of prolonged suspension in the harness and the urgency of rescue

Day 2 — afternoon (workshop)

• Practical scenarios in areas of your site or on an exercise structure

• Preparing an intervention: analysis, choice of anchors, rescue plan

• Individual practical assessment of harness use and movement

• Theoretical test and presentation

Teaching methods

• Practice with an equipped partner trainer, listed and rated on Inspirra
• Handling and checking equipment, including defective equipment to be rejected
• Exercises on your roofs, walkways, tanks or racks where their configuration allows
• Analysis of situations on your site photographed before the session
• Individual practical assessment and theoretical test

Assessment and documents

Theoretical test and individual practical assessment of harness use and movement, plus a day+1 learner feedback survey. Numbered training certificate, verifiable online, and the trainer's opinion on each participant, passed to the employer who authorises people at the workstation; training report given to the company.

Bilingual materials for every participant; each classroom course comes with its digital twin on OmniLearn.

Good to know

To know how to rescue a worker suspended in their harness, the course "Rescue of a Victim at Height" extends this module. Users of elevating platforms attend "Mobile elevating work platforms (MEWP) — R.486".

Practical information

Duration	2 days
Audience	Maintenance technicians, electricians, erectors, new-works staff, personnel of outside companies
Prerequisites	Medical fitness for work at height
Group size	Groups of 6 to 12 participants, in-company
Format	In-company, face to face on your site
Language	French, Darija or English; bilingual materials
Funding	OFPPT special training contracts (TFP), GIAC, Maroc PME: we prepare the applications with you, at no extra cost.
Programme customisation	Programme adapted to your procedures, your equipment and your audience

Frequently asked questions

Who should take this course?
Anyone who has to work on a roof, walkway, structure, rack or tank without sufficient collective protection: maintenance technicians, electricians, erectors, staff of outside companies working on your site.

Is a harness enough to work safely?
No. The harness is a last resort, when the fall cannot be prevented by collective protection. It is only effective with a suitable anchor, sufficient clearance and a plan to rescue the suspended person quickly.

Do you use our equipment?
Yes, when it is available and in good condition: the course then deals with the harnesses and lanyards that your teams actually use. The partner trainer brings the additional equipment needed for the exercises.

Is medical fitness required?
Fitness for work at height is a matter for your occupational physician. It should be checked before the session, as the practical exercises require physical effort and a good tolerance of heights.