



HS3

Height Safety Level 2 Refresher

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide the delegate who has previously attended the Height Safety Level 2 course with an opportunity to refresh their theoretical knowledge and practical skills and gain re-certification. The course follows the same syllabus as the Height Safety Level 2 training but focuses on initial assessment of the delegate's skill level and practical exercises to ensure compliance with the requirements for Height Safety Level 2 training.

Included in the training will be any necessary updates in legislation, procedures and equipment. This course does not allow a Height Safety Level 1 credited person to gain Level 2 accreditation. People requiring re-certification at Height Safety Level 1 should re-attend the 1 day Height Safety Level 1 course.

Prerequisites

Current certification at Height Safety Level 2 – medically fit with a head for heights and a reasonable level of fitness.

Who Should Attend

This course is aimed at people who may be required to:

- Recertify at Height Safety Level 2

Course Objectives & Content

Confirmation of knowledge of:

- Health and safety legislation relevant to the country and standards of operation
- The dangers of work at height
- How to assess the hazards and implement effective controls
- How to fit PFPE, its characteristics and limitations
- Inspection, care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Climbing vertical ladders (fixed FA systems and twin lanyards)
- Use of Self-Retracting Lifelines
- Use of temporary, vertical and horizontal fall protection systems
- How to recognise and deal with syncope (suspension trauma)
- Emergency procedures and planning
- The characteristics and limitations of rescue equipment
- Rescue of a suspended casualty from an in-reach and out of reach situation

Certification

The successful delegate will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.