



# HS1

## Height Safety Level 1

### Ratio

6 students to 1 instructor

### Overview

The aim of this course is to provide those attending with a comprehensive understanding of how to use personal fall protection equipment in a range of environments. Following training students will be able to identify the hazards associated with work at height, have an understanding of relevant key legislation, understand the various categories of personal fall protection equipment (PFPE) including its characteristics and limitations. They will be able to carry out a simple pre-use inspection of items and understand the need for record keeping, traceability and how to dispose of equipment correctly.

On successful completion of the course those attending will be provided with both the theoretical and practical skills required in order to use a range of fall arrest, work positioning and restraint equipment. A key element of this course is practical application. Students spend a large amount of time practicing climbing techniques using temporary safety systems, installed and structural anchors. The training also includes a demonstration of applicable rescue techniques.

### Prerequisites

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:

- Access and work at height including in unprotected areas
- Use a combination of dedicated and in-situ anchors
- Traverse and climb at height, moving between anchors, remaining attached at all times
- Use equipment to partially support themselves (but not rope access) while at height
- If the delegate could be expected to undertake a rescue of a person from height, the height safety level 2 course is required

### Duration

1 day

### Course Objectives & Content

- Health and safety legislation relevant to the country and standards of operation
- The dangers of work at height
- How to assess 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
- Practical climbing on ladders using fixed vertical safety systems
- Practical climbing on ladders using 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
- Demonstration of rescue techniques

### 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.