



GUIDE TO TRAINING COURSES


H • A • R • T

HEIGHT AND **RESCUE** TRAINING

A CHECKMATE GROUP BUSINESS



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INTRODUCTION:

H.A.R.T. is the Height Safety and Rescue Training Division of Checkmate Safety, one of the UK's leading designers and manufacturers of height safety equipment.

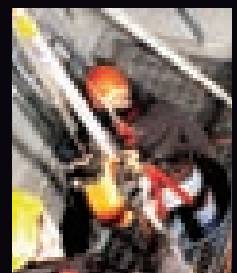
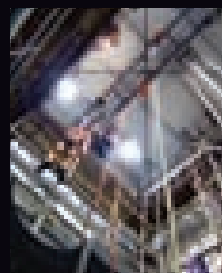
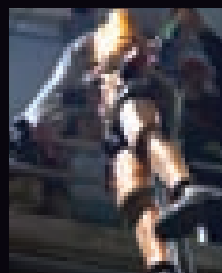
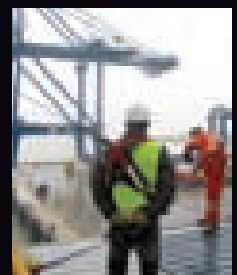
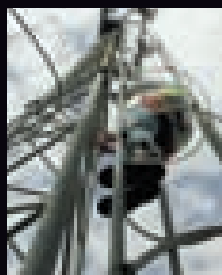
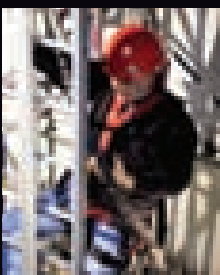
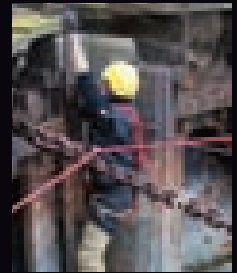
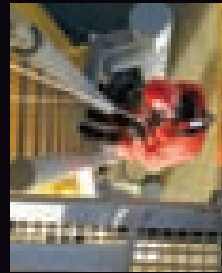
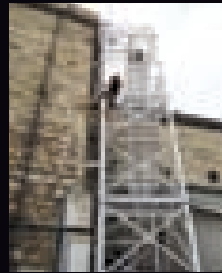
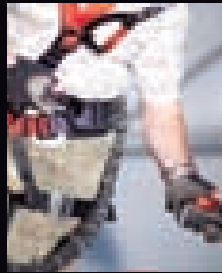
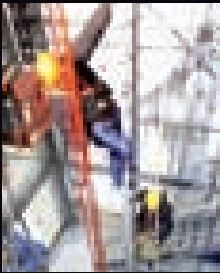
Our purpose-built training facility houses a fully equipped classroom suite and an internal tower which includes a scaffolded area, walkways and ladders.

It also incorporates a waterproofed pit for specialist water and smoke rescue procedures as well as a dynamic drop test rig where the testing of various safety products can be demonstrated.

Training will usually take place at our head offices in Kent, alternatively training could also be carried out at your own premises, if suitable.

Customers can be assured that their safety is always our number one priority and that all aspects of the training activities undertaken are fully insured.

Our professionally qualified instructors have extensive experience in height safety training and cover the whole of the UK and parts of mainland Europe.







LEVEL 1:

BASIC WORK AT HEIGHT - FOR OPERATIVES

Course Duration: 1 day (3.5 hours)

Instructor to Trainee ratio: 1:10 (max)

Course Entry Criteria: NONE

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To have an understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Understand the need for a rescue plan.
- Correctly don a full body harness.
- Correctly identify appropriate anchorage points.
- Perform a pre-use inspection of work at height equipment (harness/lanyard).
- Demonstrate a good understanding of the three types of fall protection systems, and the components used in these systems.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

An assessment will be given at the end of the course – **Pass rate 70% +**

CERTIFICATION

On successful completion of the course all trainees will be sent a Certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points.

LEVEL 2:

MANAGING WORK AT HEIGHT

Course Duration: 1 day (6.5 hours)

Instructor to Trainee ratio: 1:8 (max)

Course Entry Criteria: NONE

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To have a good understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Understand hazard analysis and risk assessment in connection to work at height including accident reporting (RIDDOR).
- Understand the need for a rescue plan.
- Correctly identify appropriate anchorage points.
- Identify safe systems of work using ladders.
- Perform a pre-use inspection of work at height equipment (harness/lanyard).
- Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- Select products for basic work at height applications.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

An assessment will be given at the end of the course – **Pass rate 85% +**

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points.



LEVEL 3:

COMPETENT PERSON - PERIODIC INSPECTION OF HARNESSES & LANYARDS

Course Duration: **1 day (6.5 hours)**

Instructor to Trainee ratio: **1:8 (max)**

Course Entry Criteria: **NONE**

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when inspecting fall protection equipment, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To have a good understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Understand the need for a rescue plan.
- Correctly identify appropriate anchorage points.
- Correctly don a full body harness.
- Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- Perform a formal PERIODIC inspection of work at height equipment (harness/lanyard).
- Record details of inspection.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOs.

ASSESSMENTS

A multiple choice test will be given at the end of the Course – **Pass rate 70% +**

Afternoon Assessment (Theoretical & Practical) – **Pass rate 90% +**

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points.

LEVEL 3a:

COMPETENT PERSON - PERIODIC INSPECTION OF HARNESSES & LANYARDS

Accepted by 

Course Duration: 1 day (6.5 hours)

Instructor to Trainee ratio: 1:8 (max)

Course Entry Criteria: NONE

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when inspecting fall protection equipment, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To have a good understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Understand the need for a rescue plan.
- Correctly identify appropriate anchorage points.
- Correctly don a full body harness.
- Demonstrate a good understanding of the three types of fall protection systems, and the components used in these systems.
- Perform a formal, PERIODIC inspection of work at height equipment (harness/lanyard).
- Record details of inspection.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

A multiple choice Test will be given at the end of the Course – **Pass rate 70% +**
 Afternoon Assessment (Theoretical & Practical) – **Pass rate 90% +**

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points.

LEVEL 4:

RESCUE - FOR ALL THOSE INVOLVED IN WORK AT HEIGHT

Course Duration: 1 day (6.5 hours)

Instructor to Trainee ratio: 1:8 (max)

Course Entry Criteria: Trainees to complete Medical Declaration form

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection and customers own specified rescue equipment, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To have a good understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Correctly identify appropriate anchorage points.
- Correctly don a full body harness.
- Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- Demonstrate competence in rescue (using the specified rescue equipment).

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

A multiple choice test will be given at the end of the course – **Pass rate 70% +**
Afternoon Assessment (Practical)

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points and a practical session on the rescue equipment is carried out.



LEVEL 5:

ROOFTOP WORK AT HEIGHT - THEORY ONLY

Course Duration: 1 day (4.5 hours)

Instructor to Trainee ratio: 1:8 (max)

Course Entry Criteria: NONE

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment when working on roofs, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To be aware and have an understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Understand the need for a rescue plan.
- Affect a pre-use Inspection of work at height equipment (harness/lanyard).
- Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- Demonstrate an in depth understanding of rooftop based work at height.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

A multiple choice test will be given at the end of the course – Pass rate 70% +

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points.

LEVEL 5a:

ROOFTOP WORK AT HEIGHT - THEORY & PRACTICAL

Course Duration: 1 day (6.5 hours)

Instructor to Trainee ratio: 1:8 (max)

Course Entry Criteria: Trainees to complete Medical Declaration form

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment when working on roofs, and are aware of their responsibilities.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To be aware and have an understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- Understand the need for a rescue plan.
- Affect a pre-use Inspection of work at height equipment (harness/lanyard).
- Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- Demonstrate an in depth understanding of rooftop based work at height - using the specified rescue equipment.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

A multiple choice test will be given at the end of the morning session – **Pass rate 70% +**

Afternoon Practical Training – **Assessed in situ by Trainer**

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points. Includes practical rescue scenarios in the afternoon session.

LEVEL 6:

SHORT DURATION LADDER WORK – FOR ALL OPERATORS, MANAGERS & SUPERVISORS

Course Duration: 1 day (6.5 hours)

Instructor to Trainee ratio: 1:8 (max)

Course Entry Criteria: Trainees to complete Medical Declaration form

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment and leaning ladders (access and roof), and are aware of their responsibilities.

To ensure that ladders are used safely while carrying out assigned work.

OBJECTIVES

On completion of this course, personnel should be able to:

- Understand the effects of gravity and its consequences.
- To be aware and have an understanding of the Legislation and guidance with regards to working at height and fall protection equipment.
- Understand the need for a rescue plan.
- Affect a pre-use inspection of work at height equipment (harness/lanyard)
- Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- Demonstrate (via assessment – both theoretical and practical) the correct methods and procedures for setting up a ladder system (fixing and lashing).

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs.

ASSESSMENTS

A multiple choice test will be given at the end of the theoretical part of the course – **Pass rate 70% +**

Afternoon Practical Training – **Assessed in situ by Trainer**

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points. Includes practical session - ladder set up (Access & Roof) in the afternoon session.





LEVEL 7a:

TRAIN THE TRAINER (WORK AT HEIGHT) - FOR CUSTOMERS' COMPANY EMPLOYEES ONLY

Experienced trainers, managers and supervisors

Course Duration: 2.5 days (6.5 hours per day)

Instructor to Trainee ratio: 1:4 (max)

Course Entry Criteria: Experienced Trainer (any discipline)

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment and are aware of their responsibilities.

To ensure that the candidate is able to deliver the chosen course in a concise, clear and safe manner to internal staff only.

OBJECTIVES

On completion of this course, personnel should be able to deliver a course with the following points included in it (basic work at height):

- The effects of gravity and its consequences.
- Legislation and guidance with regards to working at height and fall protection equipment.
- Understand hazard analysis and risk assessment in connection to work at height including accident reporting (RIDDOR).
- Hazards and risks associated with work at height.
- The need for a rescue plan.
- Pre-use Inspection of work at height equipment (harness/lanyard).
- The three types of fall protection systems, and the components used in these systems.
- Correct donning of a full body harness.
- Anchorage principles.
- A,B,C,D of fall arrest.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs. Files and SPECIFICALLY DESIGNED Customer Level 1 Powerpoint course.

ASSESSMENTS

Multiple written tests and assessments are given during the duration of the course.

Written Tests – Pass rate 85% + Practical Training – Assessed in situ by Trainer

An audit is required to be carried out by the principal trainer during the delegates first training session to be arranged for the last day of the train the trainer course.

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points.

LEVEL 7b:

TRAIN THE TRAINER (PRODUCT) - FOR CUSTOMERS' COMPANY EMPLOYEES ONLY

Experienced trainers, managers and supervisors

Course Duration: 2.5 days (6.5 hours per day)

Instructor to Trainee ratio: 1:4 (max)

Course Entry Criteria: Experienced Trainer (any discipline)

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment and are aware of their responsibilities.

To ensure that the candidate is able to deliver the chosen course in a concise, clear and safe manner to internal staff only.

OBJECTIVES

On completion of this course, personnel should be able to deliver a practical training session on the specified product - the following points should be included:

- The effects of gravity and its consequences.
- Legislation and guidance with regards to working at height and fall protection equipment.
- Hazards and risks associated with work at height.
- The need for a rescue plan if appropriate.
- Pre-use Inspection of work at height equipment (harness/lanyard).
- Correct donning of a full body harness.
- Anchorage principles.
- Practical training on the specified product.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs. Files and specific product training notes.

ASSESSMENTS

Multiple written tests and assessments are given during the duration of the course.

Written Tests – Pass rate 85% +

Practical Training – Assessed in situ by Trainer

An audit is required to be carried out by the principal trainer during the delegates first training session to be arranged for the last day of the train the trainer course.

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points. Practical training sessions are included on customer specified products.

LEVEL 7c:

TRAIN THE TRAINER (WORK AT HEIGHT AND PRODUCT) - FOR CUSTOMERS' COMPANY EMPLOYEES ONLY

Experienced trainers, managers and supervisors

Course Duration: 4 days (6.5 hours per day)

Instructor to Trainee ratio: 1:4 (max)

Course Entry Criteria: Experienced Trainer (any discipline)

AIM

The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment and are aware of their responsibilities.

To ensure that the candidate is able to deliver the chosen course in a concise, clear and safe manner to internal staff only.

OBJECTIVES

On completion of this course, personnel should be able to deliver a course with the following points included in it (basic work at height syllabus):

- The effects of gravity and its consequences.
- Legislation and guidance with regards to working at height and fall protection equipment.
- Understand hazard analysis and risk assessment in connection to work at height including accident reporting (RIDDOR).
- Hazards and risks associated with work at height.
- The need for a rescue plan.
- Pre-use Inspection of work at height equipment (harness/lanyard).
- The three types of fall protection systems, and the components used in these systems.
- Correct donning of a full body harness.
- Anchorage principles.
- A,B,C,D of fall arrest.
- Use of the customer specified product.

HANDOUTS

On completion of this course trainees will be given course notes in PDF form including HSE & Industry Guidance Notes and ACOPs. Files and SPECIFICALLY DESIGNED Customer Level 1 Powerpoint course including the specific product training notes.

ASSESSMENTS

Multiple written tests and assessments are given during the duration of the course.
Written Tests – Pass rate 85% + Practical Training – Assessed in situ by Trainer

An audit is required to be carried out by the principal trainer during the delegates first training session to be arranged for the last day of the train the trainer course.

CERTIFICATION

On successful completion of the course all trainees will be sent a certificate.

The course utilises a Powerpoint presentation, interspersed with videos, graphics, images and clip art – actual products are used to illustrate points. Practical training sessions are included on customer specified products.



BESPOKE TRAINING:

In addition to our standard courses H·A·R·T can also create tailor-made training courses designed to match your exact requirements.

This can be achieved by simply adding modules together, courses 1 - 6 can be arranged in any combination, or used to supplement any of the courses with specific product training.

Bespoke training courses can be site and/or trade specific - so whether you work on a construction site or in a warehouse; whether you want 'over the edge' rescue instruction or self-evacuation training for narrow aisle crane work - H·A·R·T can provide the right course for your business.

The duration of these individually designed courses is obviously dependent on the combination of levels and product training required but the instructor-to-trainer ratio will always be a maximum of 1:8. Contact H·A·R·T for more information.

ADDITIONAL SERVICES:

- **Toolbox Talks** (*Non Certifiable*)
- **Product Inspection**
- **S.R.L. and Inertia Reel Block Servicing**
- **Product Training**
- **Height Safety Site Surveys and Consultations**

Accreditations and Links:



The International
Powered Access
Federation
(IPAF)

www.ipaf.org



The Health
and Safety
Executive
(HSE)

www.hse.gov.uk

HART is a member of:



www.britsafe.org



www.bsigroup.com



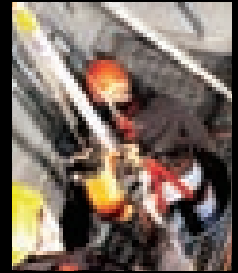
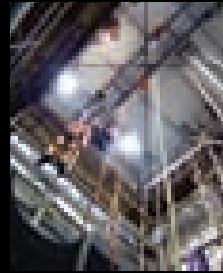
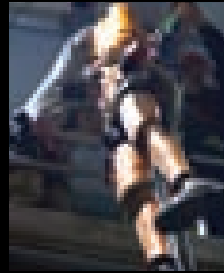
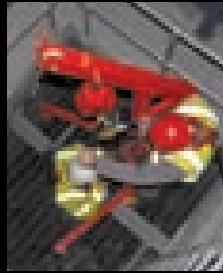
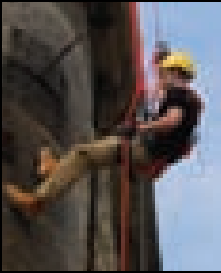
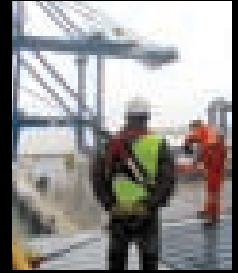
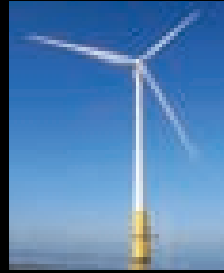
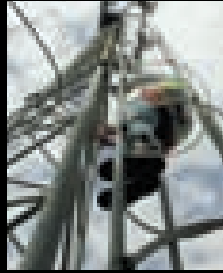
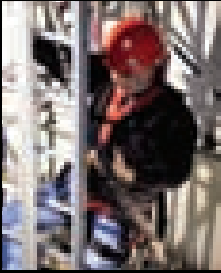
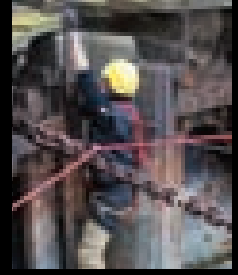
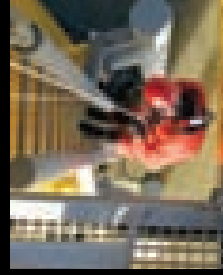
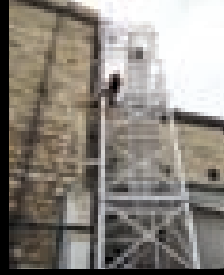
www.iosh.co.uk



www.leea.co.uk



www.rospa.com



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