



# Work at Height using PFPE

Covering Work at Height using PFPE within the entertainment industry, this course is suitable for novices as well as those with more experience.

<b>Course Code</b>	RTT-0200
<b>Duration</b>	1 Day
<b>Venue</b>	Rigging Team Training Centre, Unit 3 Gunnels Wood Park, Stevenage, SG1 2BH
<b>Cost</b>	£210 excl. VAT per person. Discounted rate if booked in conjunction with RTT-0300
<b>Trainee Ratio</b>	1:6
<b>Revalidation Period</b>	Certification valid for 3 years

## Course outline

This course has been designed to provide trainees with the appropriate skills and knowledge to work at height safely using personal fall protection equipment and fall protection systems. The course includes selection of equipment, pre-use inspection, anchor types and methods of work at height and fall arrest.

### Theory

- Current legislation and legal responsibilities
- Methods of Work at Height: Fall Restraint, Work Positioning, Fall Arrest
- Fall Factors and Suspension Intolerance
- Introduction to Rescue Plans
- Selection, pre-use checks and storage of PFPE
- Selection of appropriate anchors

### Practical

- Harness fitting and correct use
- Use of Fall Restraint equipment
- Use of adjustable Work Positioning lanyards
- Use of energy absorbing Fall Arrest lanyards
- Use of inertia reel Fall Arresters
- Use of vertical and horizontal safety

### Assessment:

- Multiple choice examination
- On-going assessment throughout the practical exercises

### Trainee requirements:

- Minimum 18 years of age on first day of course
- Trainees need to be physically fit and free from any disability or medical condition that may prevent them from working safely.
- Trainees will need to complete a declaration of medical fitness.

### On completion of the course trainees will have:

- Comprehensive course notes
- A numbered certificate of attendance and test relating to the above syllabus
- Trainee Discount on PFPE ordered from us, valid up to 30 days after the course. T&C's apply.

For more information, please contact us on  
+44(0) 203 126 4040 or email [training@riggingteam.com](mailto:training@riggingteam.com)