

Personal Fall Protection Systems & PPE (PFPS / VFPS01)

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Course Aim

This course is aimed at persons who are required to use installed horizontal or vertical personal fall protection systems.

Each delegate will gain knowledge that will help them use the correct equipment along with the correct choice of harness and lanyard.

Delegates must be physically able to carry out the practical elements of the course.

Course Contents

- Relevant regulations & legislation
- Hierarchy of working at height
- Working at height categories
- Anchor points - horizontal and vertical personal fall protection systems
- Pre-use inspection of horizontal and vertical protection systems
- Harness and lanyard pre-use checks and fitting
- Roof access, egress and hazards
- Rescue planning
- Practical use of fall protection equipment

Learning Outcomes


- Understand legislation governing work at height
- Prepare to work at height safely
- Safely fit a full body harness and lanyard
- Safe use of fall protection equipment and its limitations
- Understand the need for a rescue plan
- Follow procedures and work safely
- Use appropriate behaviour when working at height

Course Assessment


- Written assessment
- Practical assessment



 One Day

 Eurosafe Solutions Certificate
Valid for 3 years

 Maximum of 6 people

 Training Academy or on-site
(subject to a survey to confirm suitability)