

HABILITATION · WORKPLACE SAFETY

# Work at Height & Safety Harness

Identify the risks associated with work at height and master the correct use of personal protective equipment, including the safety harness, to prevent accidents and ensure compliant intervention.

TYPE

**HABILITATION**

CATEGORY

**Workplace Safety**

LANGUAGE

**French**

## 01. Program

### MODULE 1: RISK AWARENESS

Definition of work at height

- > Accident statistics and causes
- > Analysis of risk situations
- > Legal obligations and responsibilities

### MODULE 2: PROTECTIVE EQUIPMENT

Safety harness

- > Lanyards and energy absorbers
- > Carabiners
- > Helmets and supplementary PPE
- > Pre-use inspection

### MODULE 3: PRACTICAL USE

Harness adjustment

- › Correct fitting
- › Attachment techniques
- › Use of anchor points
- › Safe movement at height

#### **MODULE 4: PRACTICAL EXERCISES**

Real-world simulation

- › Simulation on structure / scaffolding
- › Equipment inspection
- › Practical intervention scenarios

#### **EDUCATIONAL OBJECTIVES**

Identify risks related to work at height

- › Recognise regulatory obligations and safety standards
- › Choose the right equipment for the task
- › Correctly fit and adjust the harness
- › Use anchor points and lifelines
- › Apply prevention and rescue procedures

#### **TEACHING METHODS**

Theory sessions

- › Case studies
- › Practical demonstration
- › Real-world simulation
- › Final assessment

#### **ASSESSMENT & CERTIFICATE**

Knowledge test

- › Practical harness assessment

- > Skills validation
- > Training certificate in work at height and harness use issued at end of session

## REGISTER / REQUEST INFORMATION

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