

# Module

## PPE - Review of PPE for fall arrest at height

(14 h)



**total**  
**HSE**

### Objective

To train participants to become Competent Persons in the performance of periodic PPE inspections, according to different regulations.

### Aimed at

People, designated by the employer, responsible for carrying out the inspection of PPE against falls from height manufactured by Singing Rock and any other manufacturer; managers of the company's PPE against falls from height; people in charge of the company's prevention of occupational hazards; people in charge of teams of workers using PPE against falls from height; PPE against falls from height inspection service providers; users of PPE against falls from height who wish to obtain training and/or recognition by the equipment manufacturer; etc.

### Technical level and experience of the participant

In order to attend this training, it is highly recommended that the participant knows:

1. know how to identify the PPE object of the training module, listed below.
2. To have practical experience in the use of this PPE.
3. Know the techniques derived from the use of these PPE, either in work at height and/or work performed with rope access.

## PROGRAM: PPE - Review of PPE for fall arrest at height

1. Introduction
  - 1.1 Introduction
  - 1.2 Checking and registering participants
2. Theoretical part
  - 2.1 Introduction to current legislation
  - 2.2 Equipment for periodic inspection
  - 2.3 Recording of PPE inspections
  - 2.4 Basic information about materials
  - 2.5 Acceptance of PPE to be inspected
  - 2.6 Periodic inspection of harnesses
  - 2.7 Periodic inspection of textile materials
  - 2.8 Periodic inspection of metallic materials
  - 2.9 Periodic inspection of helmets
  - 2.10 Questions and additional information
3. Verification of acquired knowledge
  - 3.1 Theoretical test
  - 3.2 Practical test
- 4 Evaluation of the training course
- 5 Completion of the training

**Module: PPE** Review of PPE for fall arrest at height

**Duration:** 14 hours (2 days)

**Certificate validity:** 2 years

**Program:** Section 1 to 5

**Maximum students:** 8 people x Ed.

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