

Taking safety to a whole new level

# TRAINING COURSES.



work at height done right!

# WE'RE NO FALLS



**Fallstop Training Safety & Consultancy** are a leading fall protection training provider based in the South East of England. We offer tailor-made fall protection training for all industries.

We train all work at height activities including ladder access, access to flat roofs access to pitched roofs, construction based working at height and suspended worker evacuation and recovery.

We have a **state-of-the-art** all weather training facility in Surrey and offer both theory and practical training in working at height safety.

We are passionate about the safety and welfare of operatives that work at height, ensuring they have the skills, knowledge, training and experience to ensure they get home safe everyday.

# FACTS DID YOU KNOW?

## Our aims & objectives

- ▶ Promote the highest standards of safety for working at height activities.
- ▶ Promote the highest standards of safety for working at height using ladders.
- ▶ Increase your knowledge and understanding of safe operating procedures whilst working at height.
- ▶ Ensure the correct selection, use and deployment of Personal Fall Protection Equipment – PFPE.
- ▶ The correct donning and inspection of fall arrest harnesses and connecting devices.
- ▶ Detailed inspection and identification of defects found on ladders, steps and associated equipment Increase your knowledge and understanding of safe operating procedures whilst working at height using ladders.

**123** Workers killed in work related accidents in 2021/22  
Source: RIDDOR

**£7.6bn**

Annual costs of work-related injury in 2019/20

Source: Estimates based on HSE Cost Model

**£18.8bn**

Annual costs of work-related injury and new cases of ill health in 2019/20, excluding long latency illness such as cancer

Source: Estimates based on HSE Cost Model

**0.6m**

Workers sustaining a non-fatal injury in 2021/22

Source: Estimates based on self-reports from the Labour Force Survey

# WAH Essentials: Ladders & Step Ladders for Operatives

## Overview

Delegates will gain practical and theoretical instruction for those who wish to equip themselves with the knowledge, skills and competence necessary to formally inspect, deploy ladders and step ladders legally and safely in the workplace.

## Personnel to attend

The ladder and step ladder course is aimed at personnel who are or will be responsible for formal inspection and use of ladders and step ladders in the workplace.



## What's included

- > Introduction
- > All relevant regulations: HSWA 1974, WAHR 2005, PUWER
- > Risk and method statements
- > Safe systems of work
- > Selection of ladders
- > Suitability for tasks
- > Fibre glass ladders
- > Step ladders
- > Industrial ladders
- > Fixed access ladders-mounts
- > Ladder classifications class 123
- > Ladder standards EN/CE
- > Understanding ladder inspection tags
- > Documenting inspections
- > Ladder components
- > Inspection of ladder components
- > Identifying ladder defects
- > Reporting and removal from service
- > Industry guidance

# Level 1: Extension Ladder Restraint with Fall Arrest Equipment

## Overview

The ladder restraint with fall arrest course delivers both theory and practical instruction and addresses the working at height requirements when using portable ladders for short duration access. The course provides each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment with leaning ladders to aid in the safe use of ladders. The ladder safety system enables the ladder user to maintain 3 points of contact while ascending/descending the ladder and operating at height.

## Personnel to attend

The ladder restraint/fall arrest course is aimed at personnel who are or will be responsible for use of ladders and step ladders in the workplace where the risk of a fall from height is controlled using a fall protection system.



## What's included

- > Introduction
- > All relevant regulations: HSWA 1974, WAHR 2005, PUWER
- > Legislation
- > Harness use
- > PPE selection and use
- > Risk assessment for ladders
- > Risk assessment for roof ladder
- > Safe systems of work/method statement for ladders
- > Selection of ladders-the correct ladder for the task
- > Suitability for tasks
- > Securing and stabilizing the ladder
- > Anti-slip mats
- > The fall protection system
- > Fall arrest rope grab and lanyards
- > Inspection of all PFPE
- > Setting up the ladder securely
- > Moving ladders horizontal and vertically
- > Eye bolts/anchors and straps
- > Assessing anchor materials

## Level 2: Pitched Roof & Flat Roof Ladder Access Safety System

### Overview

This course delivers both theory and practical instruction and addresses the working at height requirements when using portable ladders for short duration access. The roof ladder course addresses the working at height requirements when using portable ladders and roof ladders for short duration access.

The course provides each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment with leaning ladders to cover both property elevation and pitched roof access.

### Personnel to attend

The pitched roof ladder course is aimed at personnel who are or will be responsible for the safe use of leaning ladders and roof ladders in the work place. This course is completed after level 1 has been undertaken be responsible for formal inspection and use of ladders and step ladders in the workplace.



### What's included

- > Introduction
- > All relevant regulations: HSWA 1974, WAHR 2005, PUWER
- > Securing access ladders
- > Accessing a pitch roof using CAT ladders
- > Accessing a flat roof using fall arrest and restraint
- > Safe working area on flat roof
- > Self-rescue from suspended positions
- > General principles for work at height
- > Applying fall arrest ladders system in unusual situations
- > Weather/ground and environmental conditions
- > Risk assessment and safe working methods

# Level 3: Working at Height Flat Roofs - 'Mansafe' Systems

## Overview

This course delivers both theory and practical instruction and addresses the working at height requirements when working on flat roofs. The flat roof course addresses the working at height requirements when accessing flat roofs for access, maintenance and repair. The course provides each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment to access working positions at height on flat surfaces.

## Personnel to attend

The course is aimed at personnel who are or will be responsible for the safe access and egress of flat roofs and who may be required to connect personal fall protection systems already in place on the roof.



## What's included

- ▶ Overview of relevant legislation: HSWA 1974, Work at Height Regulations 2005
- ▶ Risk assessment and hierarchy of controls for work at height
- ▶ Accident statistics
- ▶ Identifying hazards of flat roofs
- ▶ Correct donning of harnesses and lanyards
- ▶ Harness pre-use inspection
- ▶ Lanyard pre-use inspection
- ▶ Working on walkways/balconies
- ▶ Fall arrest/ fall restraint principles
- ▶ Flat roof access and egress
- ▶ The 2 metre rule
- ▶ "Latchway" & "Mansafe" horizontal work restraint systems
- ▶ Inspection of roof top restraint systems and relevant certification
- ▶ Inspection and use of your PPE and PFPE
- ▶ Practical demonstration/use of work restraint systems on flat roofs
- ▶ Assessment of learning

# WAH Equipment Inspection & Auditing

## Overview

This theoretical and practical course incorporates the guidance on inspection regimes. The Personal Protective Equipment at Work Regulations 1992 require employers to maintain fall arrest equipment in good repair. It is recommended that formal, in-depth inspections should be carried out and recorded periodically at minimum intervals of every twelve months by a competent person. This course is aimed at providing the competence required to complete both interim and detailed inspections and record the findings on a range of commonly used fall protection equipment.

## Personnel to attend

This course is aimed at operatives, supervisors and managers who have duties under the relevant regulations to maintain and inspect and record WAH equipment inspections.



## What's included

- Introduction
- All relevant regulations:  
HSWA 1974, WAH regulations 2005,  
PPE regulations 1992, construction regulations
- Types of harness and lanyard
- EN/CE numbers, ID labels
- Polyester webbing
- Rips, nicks, tears
- Burns heat damage, UV damage, abrasions,  
chemical/solvent, penetrations, mold
- Excessive wear, stitching
- Sternum/dorsal D-rings
- Rear spreader plate
- Buckles and fasteners
- Fall load indicators
- Rip/nick indicators
- Karabiner
- Scaff hooks
- Rope and webbing material
- Shock absorbers
- Karabiner inspection



# WAH Construction Industry: Fall Arrest/Fall Restraint

## Overview

This course delivers theory and practical instruction and assessment, providing delegates with a good understanding of the principles for using Personal Fall Protection Equipment (PFPE) in the construction and engineering industries. This course also provides each delegate with a base theoretical knowledge of the work at height regulations required to effectively reduce the risks associated with working at height, the hierarchy of control measures and using personal prevention and protection systems for fall restraint, work positioning and arrest.

## Personnel to attend

This course is aimed at personnel who are or will be responsible for using safety harnesses, lanyards and associated P.F.P.E (Personal Fall Protection Equipment) in the construction industries.



## What's included

- > Introduction
- > Regulations
- > Hierarchy of controls
- > Risk assessment for work at height
- > EN 795 anchorage
- > Temporary anchors
- > Lifelines en795 textile/cable/fixed
- > Fall restraint
- > Fall arrest
- > Fall factors
- > Fall clearance distances
- > Pendulum effect
- > Harness inspection correct donning
- > Correct storage and cleaning
- > Lanyard inspection
- > Rescue

# Suspended Worker Rescue & Evacuation-Construction Industry

## Overview

This course delivers theory and practical instruction and assessment, providing delegates with a good understanding of the principles for enacting a rescue and evacuation of a worker who has become suspended after a fall from height in the construction and engineering industries. This course also provides each delegate with theoretical and detailed practical knowledge of the rescue and evacuation of suspended workers using the GOTCHA rescue system.

## Personnel to attend

This course is aimed at personnel who are to be nominated rescuers. This course requires delegates to have advanced knowledge in work at height, and who have attended WAH construction courses previously.



## What's included

- > The Work at Height Regulations 2005
- > Awareness and understanding of rescue pack contents and function
- > Pre-use check of rescue equipment
- > Rescue plans
- > Awareness of possible hazards
- > Selection of suitable anchor points
- > Abrasion and edge hazards
- > Methods of equipment operation
- > Control during lowering and raising suspended workers
- > Medical effects of suspension
- > Practical assessment

# Mobile Scaffold Towers: Using, Erecting, Moving & Dismantling

## Overview

Mobile scaffold towers course delivers both theory and practical instruction and addresses the working at height requirements when erecting, dismantling, moving and using mobile towers. The course provides each candidate with the underpinning knowledge and practical skills to safely use mobile towers.

## Personnel to attend

This course is aimed at personnel who are to use, erect, move or dismantle mobile towers.

## What's included

- › Introduction to mobile access towers
- › Regulations and standards
- › Tower types
- › Tower components
- › Tower assembly
- › Tower hazards
- › Stability and safe use of towers
- › Repositioning towers
- › Alteration of towers
- › Tower inspection
- › Tower tagging
- › Care and maintenance
- › Tower dismantling
- › Correct storage
- › Practical assessment - erection access alteration movement and dismantling

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- > TRAINING
  - > SAFETY
  - > CONSULTANCY
  - > CONTRACTS

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