ABC KURSCENTER AB

COURSE SYLLABUS

Fall Protection Training

Working at height with personal fall protection equipment, including rescue

Training in accordance with BS 8454:2006

The course teaches you the risks of working at height and how to select, inspect and use personal fall protection equipment. You also practise rescuing a person suspended in a harness.

Duration	1 day, approx. 7 hours (A approx. 3 h, B1 and B2 approx. 4 h)
Participants	Maximum 12 per instructor
Prerequisites	None
Language	Swedish, English, Polish or Romanian
Tests	Written theory test (A) and practical assessment (B1 and B2)
Certificate	Training certificate and plastic card with codes A, B1 and B2
Validity	3 years (recommended refresher)

After the course you can

- choose protection in the right order: collective protection before personal equipment
- tell the difference between restraint, work positioning and fall arrest
- inspect equipment before use and know when it must be withdrawn
- choose an anchor point and calculate the clearance needed below it
- move at height with at least one lanyard always attached
- take part in a rescue according to a rescue plan and understand the risks of suspension trauma

Course parts

Code	Part	Content
A	**Theory**	Rules and responsibilities, risk assessment, equipment and marking, fall physics and clearance, anchorage, inspection and withdrawal, suspension trauma and rescue plan. Ends with a written test.
B1	**Practical use and descent**	Inspecting and fitting equipment, anchorage, moving with a twin lanyard, restraint, work positioning, self-retracting lifelines and guided type fall arresters, and controlled descent.
B2	**Rescue**	Rescue of a suspended colleague with rescue equipment: raising the alarm, rigging, releasing the load, lowering and care after the rescue.

Certificate and next steps

Participants who pass receive a training certificate and a plastic card listing the parts completed (A, B1 and B2), valid for 3 years. The certificate is personal.

The certificate does not replace the employer’s instructions on the equipment and rescue plan at your own workplace.

What to bring

Safety shoes and clothing suitable for the weather. We provide fall protection equipment and helmets. The course includes climbing and a short suspension in a harness.