

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
1	15 mins	T / D	Introductions
2	30 mins	D	<b>Knowledge review</b> <ol style="list-style-type: none"> <li>1. Knowledge of inspection of PPE, rescue and evacuation device</li> <li>2. Knowledge of PPE</li> <li>3. Knowledge of fall arrest systems and work positioning</li> <li>4. Knowledge of rescue and evacuation device</li> </ol>
3	30 mins	D	<b>PPE review exercises</b> <ol style="list-style-type: none"> <li>1. Pre-use inspection</li> <li>2. Proper use</li> </ol>
4	50 mins	D	<b>Theory</b> <ol style="list-style-type: none"> <li>1. Use of SRL for exercises</li> <li>2. Safe and competent work and rescue from heights</li> <li>3. Correct fitting of a harness</li> <li>4. Attachment points</li> <li>5. Anchor points</li> <li>6. Load and angles</li> <li>7. Falls</li> <li>8. Double versus twin fall arrest lanyard</li> <li>9. Rescue kit</li> </ol>
5	20 mins	T / P	<b>Measures to prevent injury during training</b> <ol style="list-style-type: none"> <li>1. Control measures and warm up</li> </ol>
6	60 mins	D / P	<b>Individual practical review exercises</b> <ol style="list-style-type: none"> <li>1. How to attach a guided type fall arrestor</li> <li>2. Fall restraint and fall arrest lanyards</li> <li>3. Work positioning lanyards</li> <li>4. Certified and suitable anchor points</li> <li>5. Safe and correct use of SRL for exercises</li> <li>6. Safe practices when working at height</li> </ol>
7	200 mins	D / P	<b>Practical exercises group</b> <ol style="list-style-type: none"> <li>1. Safe and correct use of personal fall protection equipment</li> <li>2. Accessing suitable anchor points</li> <li>3. Pre-use inspection of the rescue and evacuation equipment</li> <li>4. Safe and correct use of rescue / evacuation equipment from ladder</li> <li>5. Safe / correct rescue &amp; evacuation methods from evacuation hatch</li> <li>6. Safe practices whilst working at height</li> </ol>
8	15 min	D	End of course evaluation
<b>End of course</b>			