



ESS
Training



COURSE OVERVIEW

Established for over 21 years, ESS are the market leaders in the supply of specialist equipment & services including:

- Safety
- Survey
- Communications
- Test & Measurement

Strategically located around the United Kingdom, ESS are best placed to offer solutions for all of your equipment needs in terms of Rental, Sales, Service and Training. ESS Training work alongside key qualification bodies such as RoSPA, City & Guilds and Qalsafe to provide a range of accredited courses ranging from Confined Space Training and Manual Handling to Working at Heights and First Aid Training.

We can provide tailored training solutions to satisfy your requirements for both theoretical and practical assessments while our qualified and experienced trainers are constantly on hand to provide support and guidance during the training.

☎ 0800 000 346

✉ esstraining@vpplc.com

🌐 vp-ess.com/training

Inspection, Correct Fitting, and Safe Use of Harnesses

COURSE AIMS:

This course is designed for both operatives and supervisors and provides essential knowledge on working at height, focusing on the correct selection of Personal Protective Equipment (PPE) to reduce the risk of falling from height.

This course covers the following topics:

- The Health and Safety at Work act 1974
- Personal Protection Equipment (PPE) 1992
- Working at Height Regulations 2005
- Harness inspection
- Harness fitting

COURSE DURATION & LOCATIONS:

- 1/2 Day – GLH (Guided Learning Hours) 4 hours
- Course starts at 09:00, finishes around 14:00

Aberdeen, Glasgow, Middlesborough, Castleford, Manchester, Wellingborough, Rainham, Heathrow, Southampton, Exeter.

On-site Training also available upon request.

COURSE CONTENT:

- Selection of Working at Height Equipment and PPE
- Pre-use inspection of equipment
- Risk identification flow chart
- Harness inspection
- Harness fitting

Additional Information & Course Requirements

Requirements for Training:

Personal Protective Equipment (PPE) - ESS locations require all visitors to wear a minimum the following PPE: Hi-Vis (vest or similar) and Protective Safety Footwear.

For purposes of practical training, it is also a requirement to have Safety Helmet, Gloves, Overalls or similar as well as the Hi-Vis and Safety Footwear.

Proof of Identity – Delegate names are to be provided by customer in advance of the course start date. Delegates must provide proof of identity (Driving license, Passport, National Identity Card) which states their full name.

Respiratory Protective Equipment (RPE) - Different types of RPE are used during training dependent on the Confined Space Risk Level. Most RPE requires the user to be clean shaven to ensure safe and optimum use. Medium Risk courses use Escape Sets or Self-Contained Breathing Apparatus, optional Hooded Escape Sets maybe available where notified in advance. For High-Risk courses being clean shaven is mandatory.

Physical Health & Fitness - Delegates must be physically fit to undertake practical training. Consideration should be given to the side effects of medication and temporary conditions such as colds, flu and COVID. If there are any doubts in regard to the fitness of a student reference should be made to a GP. Delegates must not exceed 136kg in weight as this is the SWL of standard Confined Space & Working at Height equipment used.

Learning difficulties and language barriers – A reasonable understanding of the English language is required as all courses will be conducted in English. Arrangements can be made, where notified and registered in advance of the training, for Verbal Assessment for delegates with confirmed disabilities and learning difficulties. Reasonable adjustments may be made on the day subject to available resources.

Start times - Delegates must arrive at least 15 minutes prior to the course start time and late arrivals may be refused for training. Delegates due to arrive after this time must contact the ESS Training Team on 0800 000 346.

Cancellation & Postponement - Notice of all cancellations or transfers must be in writing and the following terms apply:
Cancellation 30 days or more prior to the course start date: No fees
Cancellation 29-14 days prior to course start date: 10% Service Charge
Cancellation 14-8 days prior to course start date: 50% of total course fee
Cancellation 7 days or less: 100% of total course fee

Non-attendance or delegates that arrive more than 30 minutes after the scheduled course start time and are refused onto a course will be charged 100% of the course fee. Delegate substitutions can be made free of charge at any time before the course start date.

Further course information:

Delegates can download relevant HSE guidance onto their devices to refer to before or after the course by following the link below;

<https://www.hse.gov.uk/confinedspace/resources.htm>

<https://www.hse.gov.uk/respiratory-protective-equipment/>

For further information on Respiratory Protective Equipment please refer to our Facial Hair & Breathing Apparatus Guidance.

FAQs:

Frequently Asked Questions related to our Confined Space Training courses can be found at - <https://www.vp-ess.com/training/confined-spaces/>

Additional information on our Training Services can be found at –

[ESS | Training Courses | Vp ESS \(vp-ess.com\)](#)

ESS accepts no liability for any injury or accident that results from a delegate/using advice and training they have been given by ESS inappropriately.