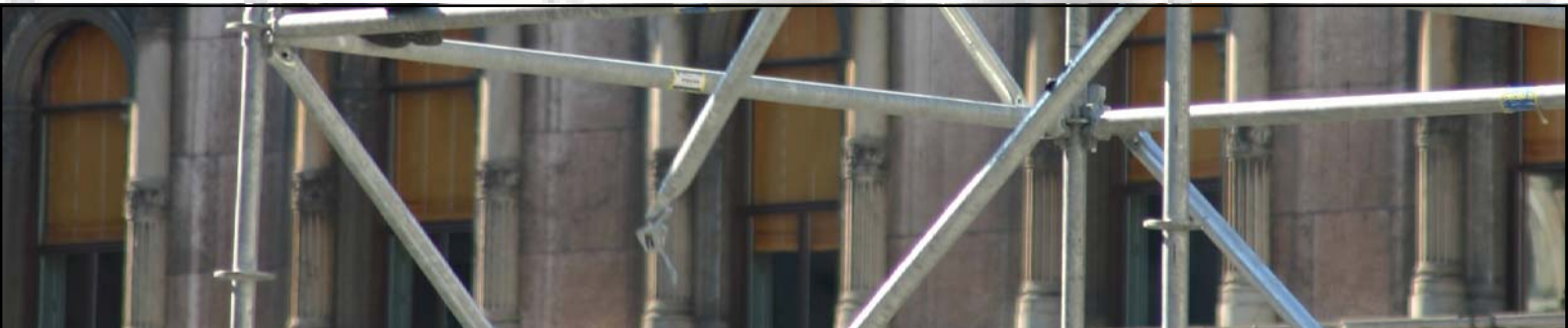




Malta Red Cross  
Gozo Branch

# Working Safe at Heights

## FALL PREVENTION COURSE



### Course facts:

- Course duration: 5 hours
- Instructor to student ratio as 1:6
- Course includes use of equipment, and training facilities



### Brief contents:

- Personal protective equipment: use, maintenance and norms (EU, CE etc), risk analysis and assessment
- Hardware: carabiners, connectors, slings, rope grabs
- Use of body harness, fall arrest system and lanyards/shock absorbers
- Fall factors
- Climbing metal structures
- Selection of fall prevention equipment, anchorages and fall arrest systems
- Use of the anchor beam
- Equipment selection, cleaning and storing of fall prevention equipment.
- Legislation, and Codes of Practice
- Practical exercises



**Be safe!**  
**Work safely**