

RTITB / ITSSAR / Lantra / PASMA / NPORS / CPCS Accredited  
Lift trucks / Plant / H&S / Crane / MEWP Training

All Registered & Experienced Instructors  
24Hrs, 7 Days a week – Nationwide

Adapt (UK) Training Services  
Unit 9, North Mersey Business Centre  
Woodward Road, Knowsley Industrial Estate  
Liverpool, Merseyside  
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## Harness Awareness Course

### Course Durations

Novice                      ½ day

### Course Content

#### Theoretical

Registration  
Health & Safety at Work Act 1974  
Provision and Use of Work Equipment Regulations 1998  
Working at Height Regulations 2005  
Working Positions  
Harness Systems  
Connectors  
Pre-Use Checks & Maintenance of a Harness

#### Practical

The correct way to put on a harness

#### Assessments

Theoretical assessment consisting of 25 Questions

### Delegate Requirements

All delegates attending any harness course be equipped with –

- A Safety Harness that they will be expected to use whilst working

### Course Requirements

A room would be required for the delivery of this course, the room must consist of –

- A chair and writing surface for each individual.
- A pen and paper for each individual.
- A wall for power point screen projection.

This course will run for approximately 3 ½ hours.