

# RIDGEGEAR TRAINING COURSE



## Work at height foundation (RGT1)

### Course

This half day training course provides the core knowledge required by any user of safety harnesses, lanyards, anchor points and their associated products.

### Course objectives

To enable a delegate to identify the intended use of common items of fall protection equipment, requirements for pre use inspection and correct fitting and adjustment of a full body harness.

### Who will benefit?

All those in your organisation involved in the use of fall prevention/protection equipment for working at height.

### Course content

- Legislation
- Mechanics of a fall
- Selection of fall protection equipment (includes common hazards associated with different equipment types) - includes practical exercise
- Pre-use inspection - includes practical exercise
- Anchor points and devices
- Donning a harness - includes practical exercise
- Storage, care and maintenance
- Rescue requirements and options
- Theory test paper (multiple choice)

### Training methods

Lectures, printed course material, hands on equipment, practical exercise, and pre-use inspection exercise.

### Certification

Successful delegate will receive a RIDGEGEAR certificate on completion

### PPE requirements

No PPE Requirements

### Course duration/Number of delegates

The course is designed for up to 10 delegates at any one time and is held over half a day, typically 09:00- 13:00.



### COURSES AVAILABLE

RGT1 – half Day  
Work at height foundation

RGT2 – 1 full day  
Emergency evacuation

RGT3 – 1 full day  
Statutory inspection of general fall protection equipment

RGT4 – 1 full day  
Safety harnesses for managers and supervisors

RGT5 – half day  
Rooftop operative

RGT 6- 1 full Day  
Confined Space

All of the above courses are supervised by professional trainers.

The training may be carried out either at one of our Training Centres or it may be done on site at your premises, subject to suitability.

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