



## **Work-at-height course (NR35) Focus on fall protection. Authorized user.**

### **Objective:**

Teach all legal aspect and responsibilities of work at height. The intention of this course is to train the worker to identify and alleviate risks involving falling hazards in the work environment, while providing an understanding of risk assessment and fall protection plan. The worker will be provided with information allowing him to understand the “do’s and don’ts” of personal fall arrest system. The worker will be able to work while exposed to fall hazard with the appropriate methodology and in the event of emergency par-take in basic rescue scenario. The worker will be able as well to conduct all daily inspections on his personal fall arrest equipment while collaborating with his supervisor by reporting any unsafe situations.

### **Course content:**

- ✓ Introduction to work at height.
- ✓ Overview of legal aspect of NR 35 and NR18.
- ✓ Additional consideration according to OSHA 1926.500.
- ✓ General concept of fall protection.
- ✓ Understanding of the physic of a fall.
- ✓ Impact test and harness test.
- ✓ Understanding fall factors and fall clearances.
- ✓ Basic understanding of passive and active fall protection systems.
- ✓ Equipment selection and associated daily inspection checks.
- ✓ Understanding of PFAS and its limitations.
- ✓ Identification and control of fall hazards.
- ✓ Workers and employers responsibilities.
- ✓ Defining differences between authorized user and competent person.
- ✓ Understanding work procedures.
- ✓ Understanding the fall protection plan and the need for worker’s participation.
- ✓ Basic review of emergency and rescue plan

### **Additional information:**

**Length:** 8 hours

**Course layout:** The course will happen over a 9 hour continuous period including two 15 minutes break and a 30 minutes lunch. It will be divided in 2 periods of 4 hours each allowing for theory and hands on experience

**Not included in the price:** Lunch.

**Requirements:**The student will be required to show that he his medically able to perform all work duties required in a work at height environment according to the one of his employer. (ASO)

The student will be required to use appropriate clothing for this type of activities such as protective shoes and long pants. Shorts and open shoes will not be allowed!

**Cost and payment terms:** R\$600. The payment will need to be effectuated 7 days prior to the course in order to confirm the participation. Cancellation within 7 days of the scheduled course will result in the loss of the full amount.