

Man-Riding Winch Awareness

Practical Training Course

1 Day

Overview: Man-riding with winches has been identified as a substantially hazardous activity, and for that reason, should only be carried out by competent personnel with suitable controlling procedures in place, and with equipment that is designed for that purpose.

Contents:

- Applicable UK and Norwegian regulations and standards
- Industry guidance
- Alternatives to man-riding
- Planning, risk assessment and toolbox talks
- Competence
- Types of man-riding winches and their safety features
- Associated equipment
- Certification and pre-use inspection
- PPE
- Harnesses
- Connection points and tools
- Communications
- Secondary fall protection and rescue plans
- Safe operation
- Practical exercises

Who will benefit: All personnel who are involved and / or required to carry out man-riding winch operations.



Structure: The 1-day course includes a final written questionnaire to measure and record learning and understanding. Successful delegates are issued with a certificate of training.



Details: This course is currently delivered at NSL's Aberdeen training centre.



Course handouts: Working at Height Handbook



PPE required: Coveralls, hard hat, safety boots and gloves.

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