SHE Solution Bergmann GmbH & Co. KG
Birkenweg 8
D-32139 Spenge
fon ++49/5225/600735
fax ++49/5225/600736
www.she-solution.de
e-mail: info@she-solution.de

# Certificate
# No. 2013-11704-24

**USE OF PERSONAL FALL PROTECTION EQUIPMENT**

**WORKING SAFELY AT HEIGHTS**
**RESCUE AND SAFE EVACUATION FROM PLACES OF WORK AT ALTITUDE**

**Mr. Justas Kazlauskas**
**Fa. Gridins Group**

has succesfully participated in the Seminar
**on 02.05.2013 at Emden - Germany**

**The contents of the seminar has been aligned with the requirements of the Labour:**

Safety law §12
accident prevention guidelines BGV A1 §4
requirements for the use of Personal Safety Equipment PSA BV
BGR 198 use of personal fall protection equipment
BGR 199 use of personal fall protection equipment in rescue operations from heights or depth

## Contents of the Seminar

Offer extended instruction in the safe
and knowledgable use of personal fall protection equipment

**Theory:**

- dangers of working at altitude/ways and means of securing
- principles and applications of personal fall protection equipment, in accordance with BGV A1 and labour safety laws
- Working und circumstances of increased risk in accordance with BGV A1 and BGI 657
- BGR 198 „use of personal fall protection equipment"
- BGR 199 „use of personal protection equipment to resque from heighth or depth"
- guidelines use of personal safety equipment PSA BV
- markings of personal fall protection equipment
- harnesses complying with DIN EN 361 / DIN EN 358
- lanyards with fall arrester to DIN EN 354 / DIN EN 355
- work positioning ropes to EN 358
- fall arrest blocks to DIN EN 360
- guided fall arrest devices, including fixed guidance, to DIN EN 353-1
- guided fall arrest devices, including flexible guidance, to DIN EN 353-2
- safety ladders to DIN EN-ISO 14144-4 / EN 50308
- anchor points to EN 795 and EN 50308
- behavior on entering the (construction)site
- behavior during with fall-risk
- behavior during work in confined spaces, resque from confined places
- sheathed core ropes
- application of first aid, orthostatic shock, suspension trauma

**Practice:**

- practical introduction to the correct use of personal fall protection equipment
- introduction to the use of descent and resque devices
- detailled instruction in the use of resque-lift devices with descent/ascent from/to platforms
- making descent and resque devices ready for use
- carry out resque from a ladder
- carry out resque from high altitude
- evaquate from a wind turbine and/or places of work at high altitude
- resque of victims from confined places

This training is to be repeated at least once a year in accordance with BGV A1 § 4.

Spenge, 02.05.2013

Anja Bartholdt

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