

# WORK AT HEIGHT SAFETY TRAINING

– Hands-on training –

Training is an essential part of safety. Training helps workers perform their tasks more safely and effectively and use Personal Protective Equipment correctly and according to circumstances. At the same time, the training helps employers to take care of their legal obligations. Training can be customized according to each company's needs.

## Basic training

All basic training modules teach you how to use personal protective equipment in a safe manner and how to differentiate between fall arrest systems and travel restraint systems. Performance and ergonomics at work are also a part of the training.

## Advanced training

Advanced training teaches you more versatile techniques that improve your work performance and allows you to do more challenging work tasks. Advanced trainees must first finish basic training.

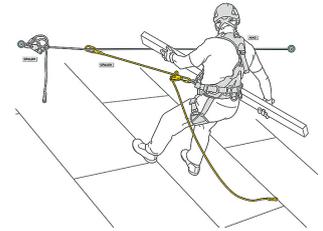
## Rescue training

All training includes basic rescue and self-evacuation principles. Workers who use fall arrest harnesses work in circumstances that require quick and effective rescue skills. Hence, we also recommend the separate rescue training module offered by Vandernet.

Training module examples:

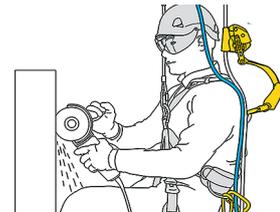
### Roof access

Property maintenance workers, roof workers, snow removers etc.



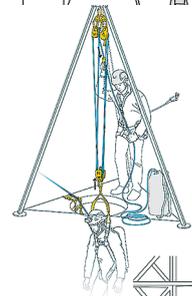
### Industrial work

People working at building sites, industrial plants, warehouses or with electricians, heating, plumbing or ventilation.



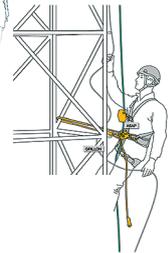
### Confined spaces work

Food industry workers, confined space workers



### Pylon work

Energy and network workers



### Wood pylon work

Energy and network workers



### Rope access work

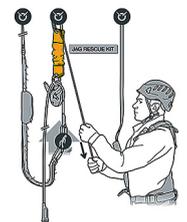
Rescue workers, maintenance and repair workers

2 days, max 6 people, 3200 €

Prices VAT 0 %

### Rescue training

All workers in places with a risk of falling, rescue departments, fire brigades



## Prices

Prices VAT 0 %

	Option 1 Basic training or advanced training	Option 2 Basic training for two groups	Option 3 Basic and advanced on the same day
Duration:	3 h	3+3 h	6 h
Max. group size:	6 ppl	6+6 ppl	6 ppl
Price:	900 €	1600 €	1600 €

Information on training: Ari Piela, Rope Access Supervisor | Vandernet Oy | 040 523 0970 | ari.piela@vandernet.com

Products by the following brands are used in the training:



The trainer's kilometer allowance of 0.6 €/km and possible accommodation fees are added to the prices. Training takes places in the customer's facilities or other agreed location. WHEN COUNTING TRAINING COSTS note that any employee training costs are tax deductible to the company. In addition, for training that lasts at least 6 h, the employer can deduct a Training deduction ("Koulutusvähennys") amounting to about half of the employees wages during training. We also offer risk analysis and training needs services. The training meets the requirements of directive 89/656/ETY, which states the minimum health and safety requirements for the use by workers of personal protective equipment at the workplace. Article 4, part 8 of directive: "The employer shall arrange for training and shall, if appropriate, organize demonstrations in the wearing of personal protective equipment." A trained professional is a risk-free investment for the employer, and a responsible employer who takes care of safety at work is a minimum requirement for the employee. The techniques taught in training are based on IRATA. IRATA (Industrial Rope Access Trade Association) is an international fall protection training association created as a response to the industry's needs. The trainer is Vandernet Oy's Ari Piela, the first Nordic trainer to pass the highest IRATA level.