



Pessoa Competente em Proteção contra Quedas

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LOCAIS DISPONÍVEIS

Rio das Ostras

IDIOMAS DISPONÍVEIS

Inglês, Português

DURAÇÃO

3 dias

Este treinamento de Conscientização sobre Segurança desenvolve o conhecimento e as habilidades práticas necessárias para atuar como uma pessoa competente em proteção contra quedas: identificar riscos de queda, aplicar a hierarquia de proteção contra quedas, selecionar e supervisionar ancoragens e conectores, calcular a distância de queda, inspecionar equipamentos de proteção contra quedas e planejar respostas de emergência e resgate. Quedas de altura continuam sendo uma das principais causas de acidentes fatais no trabalho, e a supervisão e inspeção competentes são essenciais para preveni-las. Este é um curso de conscientização não regulamentar e não substitui o treinamento obrigatório regulamentar.

Informações essenciais

Pré-requisitos

Participants should hold a valid basic Work at Height training (e.g. NR-35) and be medically fit to perform work at height. Previous practical experience with fall protection equipment is recommended.

Para quem é?

This training is designed for supervisors, safety technicians, HSE professionals, team leaders and experienced workers at height who are responsible for planning, supervising and inspecting work at height activities and fall protection systems. It is intended for personnel working in construction, industrial maintenance, offshore/onshore oil and gas facilities, shipyards and other sectors where there is a risk of falling from height, and who need to identify existing and foreseeable fall hazards, take corrective action, and inspect fall protection equipment.

Avaliação

Theoretical test at the end of Day 3 with 10 questions (5 multiple-choice questions with 5 options and only one correct answer, and 5 true-or-false questions), in the language of delivery (Portuguese or English); pass mark 70%. Practical performance assessment during the Module 7 exercises, recorded on the Practical Performance Assessment Form (Approved / Not Approved).

Certificação

Upon successful completion you will receive a Maersk Training certificate

Course content

- **Regulatory Framework and Roles**

Applicable references, duties of the competent person and distinctions between authorized, competent and qualified persons.

- **Risk Management**

Hazard identification, hierarchy of fall protection, risk analysis, work permits and safe access methods.

- **Anchorage and Connectors**

Anchorage systems, lifelines, lanyards, slings, connectors, snap hooks, carabiners and compatibility requirements.

- **Equipment Inspection**

Inspection of harnesses, lanyards, anchorage connectors, self-retracting devices, vertical lifelines and rope grabs.

- **Practical Activities**

Assembly, use and inspection of fall protection systems, mechanical advantage systems, rescue, escape, equipment care and maintenance.

- **Fall Clearance**

Fall factor, impact force reduction, swing fall and calculation of required clearance for fall arrest systems.

- **Emergency and Rescue**

Rescue planning, suspension trauma, rescue priorities, escape techniques and pre-engineered rescue systems.

Key Learning Objectives

01 L01 – Identify the regulatory and technical requirements for work at height and distinguish the roles of authorized, competent and qualified persons.

03 L03 – Select appropriate anchorages, lifelines and connectors and ensure compatibility within the fall protection system.

05 L05 – Plan emergency and rescue arrangements for work at height, including rescue priorities and prevention of suspension trauma.

02 L02 – Analyse work-at-height risks and apply the hierarchy of fall protection, risk assessment, work permits and safe access methods.

04 L04 – Calculate required fall clearance, considering fall factor, impact reduction and swing fall.

06 L06 – Inspect, use and maintain fall protection equipment and demonstrate rescue and escape techniques using appropriate systems.