

A One-day Training on 'Working at Heights Safety'

Date: 06 June 2025

Venue: Gujarat Institute of Disaster Management

Time	Topic
	Breakfast
10:00 – 10:15	Registration
10:15 – 10:30	Welcome
10:30 – 10:45	Basic Of Fall Protection
10:45 – 11:30	Scenarios of WAH and solutions <ol style="list-style-type: none"> 1. Advance Solutions for FP 2. Self-retractable Life Lines (Personal Fall Limiters) 3. Difference between various standards 4. Legal requirements
11:30 – 11:45	<i>Tea Break</i>
11:45 – 12:10	Different RESCUE Methods from Height
12:10 – 12:30	Question and Answer Session
12:30 – 13:30	<i>Lunch Break</i>
13:30 – 14:15	Permanent Anchorage Solution (Fixed Life Line System) <ol style="list-style-type: none"> 1. Vertical Solution 2. Horizontal Solution 3. Gantry Solution
14:15 – 15:45	Live Fall Protection Demo & Display
15:45 – 16:00	<i>Tea/Coffee Cookies</i>
16:00 – 16:30	Question and Answer Session
16:30 – 17:00	Valedictory Certificate Distribution