Height Work - Proper Usage of Safety gears, Importance & Maintenance Date : - 03 Oct 2013

Training start with Proper Usage of Construction Hard Hat, advantages & material use for mfg of helmet

Usage of Safety Gears

Showcase the Proper wearing of Safety Belt

Explanation on Safety Belt

Practical with workers answering the Questions

Person being showcased the practical

Program continue with discussion & awarness

Working with Fall arrestor system

Working with Gotcha system - it will more useful & flexible in open or non supporting areas.
Flexible Rope can moves at any direction & stuck in get jurk.

Life Saving Technique for high rise building - Person hanged or unbalanced

Cutting of Safety belt

Taken down

Keeping on knees for proper blood circulation.