



# LTW TRAININGS

## SAFETY AT HEIGHTS

Not many people are needed in modern automated high-bay warehouses – but they make all the difference! We give you the necessary expertise and equipment to ensure trouble-free operation of the automatic systems. With training specially tailored to your needs, our certified specialists will teach everything you need to

know about safety while working at heights transparent and comprehensible manner. After all, working at heights presents many challenges and dangers. Once you've completed this training, you and your employees will be ready for to go.



# LTW TRAININGS GOAL

**Training that saves lives. Our safety at heights training equips you with the knowledge you need for working at heights.**

- Hazard evaluation when working at heights
- Proper use of personal protective equipment against falls from a height (PPE against falls)
- Safe use of the LTW rescue kit

# LTW TRAININGS APPLICATION

**Aim high: as a safety heights at professional, we can give you the best advice on the different fields of application**

- High-bay warehouses (stacker cranes, vertical conveyor systems)
- Ropeways (towers, stations)
- Exposed spaces (facades, masts)
- Vertical structures

# LTW TRAININGS CONTENT

**Our training gives you all the necessary skills to use the safety or rescue equipment correctly.**

## THEORY

- Customer-specific safety instructions
- Basis & risk analysis
- Fall physics: impact force / fall factor
- Structure of the PPE against falls
- Safety harnesses & Lanyards
- Attachment points & fall arrest systems
- Suspension trauma / orthostatic shock
- Basics of rescues at height
- LTW rescue kit

## PRACTICE

- Visual inspection and functional test of the equipment
- Putting on the PPE against falls & partner check
- Fall arrest & restraint system
- Workplace positioning
- Using defined attachment points
- Realizing attachment points with webbing slings
- Safe ascent and descent
- Using rescue equipment
- Self-help measures
- Active rappelling / passive rappelling
- Industrial rescue techniques specific to the work environment & rescue simulation



## LTW TRAININGS EQUIPMENT

**Working safely at heights requires the right equipment. This is the only way you will be feel safe.**

We can provide you with a PPE kit against falls tailored to your needs, as well as our unique rescue kits. If you are interested, please contact our training department directly by emailing [trainings@ltw.at](mailto:trainings@ltw.at) or our spare parts sales department by emailing [parts@ltw.at](mailto:parts@ltw.at)



## LTW TRAININGS MOTIVATION

**Saving lives: We'll show you why height safety training is essential**

When working with a risk of falling, safety takes on a role that is vital to survival, because a fall can never be completely ruled out. Hanging freely, motionless, and upright in a safety harness will cause a circulatory collapse due to your own weight bearing down on the straps and your legs and buttocks. This can compress the veins and impede the return flow of blood to the heart (suspension trauma / orthostatic shock). In the worst case, harm or even fatal consequences can occur after only a few minutes.

## LTW TRAININGS LAW

**Everyone can participate – some must.  
Our training is proactive worker protection.**

In accordance with the applicable laws and regulations, drills on how to properly put on and take off personal protective equipment must be conducted at least once a year.

In addition, recovery and rescue training must also be completed once a year. The drills must include all workers who are required to use fall arrest systems or personal protective equipment against falls from a height.

**LTW.AT**

**LTW Intralogistics GmbH** · Achstrasse 53 · 6922 Wolfurt · +43 (0) 5574 6829-0 · [office@LTW.at](mailto:office@LTW.at)