



Fee  
**Free**

Final exam only

# Course technical sheet

Lifelines and Fall Protection Systems Training – Work at Height  
(Legislative Decree 81/08)

Course code  
**LINEE\_VITA\_LA**

Test duration  
**45 min**

Passing score  
**70%**

Issued  
**27/05/2026**

## Executive summary

The course "Lifelines and Fall Protection Systems Training – Work at Height (Legislative Decree 81/08)" provides specialized technical training for workers engaged in activities on roofs and structures with fall hazards. The curriculum covers correct use, inspection, and maintenance of personal fall protection equipment (PPE) and lifelines compliant with current regulations. Operational procedures ensure safety in design, installation, and verification of anchorage systems, focusing on technical standards UNI EN 795, UNI 11560, and UNI EN 365/363. Emphasis is placed on risk assessment, selecting appropriate anchor points, emergency management, and suspension rescue, with practical scenarios involving HVAC maintenance, gutter cleaning, and use of fixed ladders. This training is crucial to acquire updated and comprehensive skills on preventing fall-related accidents in compliance with Legislative Decree 81/2008 and its amendments.

## Certification process

- Registration or login to the Academy platform.
- Completion of the final course examination only. Any training or preparation may be completed externally or through other channels.
- The test questions refer to the objectives, skills and topics described in this technical sheet.
- Assessment of the result, possible validation and certificate issuance according to the rules applicable to the course.

## Important note

On Academy, candidates take only the final course examination. Any training or preparation activity may be delivered externally or through other channels. The test questions refer to the topics described in this technical sheet and in the course syllabus summary.

## Syllabus summary

Legislative Decree 81/2008 and subsequent amendments (work at height and PPE against falls from height) + UNI EN 795 (anchor devices) + UNI 11560 (permanent anchorage systems/lifelines) + UNI EN 365/UNI EN 363 (general requirements, fall protection systems) + operational procedures: correct use, inspection, maintenance and emergency management

## Learning Objectives

To acquire specific knowledge and skills on the use and maintenance of lifelines and fall protection PPE in work-at-height environments.

### Certification Bodies Management systems

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### Course technical sheet

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**Skills Acquired**

- Fall risk assessment
- Correct use of lifelines and PPE
- Inspection and maintenance of anchorage systems
- Emergency management and suspension rescue
- Understanding applicable technical and legislative standards

**Target Audience**

Construction workers, maintenance personnel, safety operators, and supervisors involved in work at height.

**Prerequisites**

Basic knowledge of workplace safety and use of PPE.

**Program**

- Relevant legislation (Legislative Decree 81/2008 and amendments)
- Types of lifelines and fall protection systems
- Technical standards UNI EN 795, UNI 11560, UNI EN 365/363
- Risk assessment and anchor point selection
- Operational procedures: usage, inspection, maintenance
- Emergency handling and rescue plans
- Practical exercises and case studies

**Teaching Methodology**

Lectures, case study analysis, interactive discussions, multiple-choice assessments.

**Assessment Method**

Final test requiring at least 70% correct answers.

**Duration**

45 minutes

**Certification**

Certificate of attendance and passing the final assessment.

**Expected Outcomes**

Operators capable of safely working on height installations, preventing fall hazards in compliance with current regulations.