



Working at heights

UNIT STANDARD NUMBER: 229994

UNIT STANDARD LEVEL (NQF): 04 (3 credits)

FIELD: Services

Duration

Full Training (Novice): 2 Days

Recertification Training/Evaluation: 1 Day

Remedial Training: 1 Day

Course outline

Fall protection essentials guide: Get a better view from up high!

Falls from height statistics

Where does the problem lie?

2 Steps before considering the use of Personal Fall Protection Equipment (PFPE)

Recommendations for safe working at height

Before any work at height, it is absolutely necessary to answer the 3 following questions...

Understanding PFPE

Working at height categories

Personal Fall Protection Equipment (PFPE) selection

Anchor devices

Full body harness

Connecting devices

Fall arresters on rigid lines and rails

Fall clearance

Understanding regulations and standards

Regulations & standards

Care and maintenance of PFPE

Requirements for rescue

Key planning factors

Each learner will receive

- A learner workbook including progress quizzes
- Logbook and checklist example templates
- A portfolio of evidence of practical and theoretical evaluations

Assessment methods

We conduct a formative theoretical assessment at the beginning of the course to gauge the learner's initial understanding (novices only). At the end of the training, a summative theoretical, as well as a practical application assessment is conducted, and the learner is found competent, and if not, additional developmental areas are identified and suggested.

The **Working at heights** course is designed for empower learner with awareness, knowledge and the necessary skills to arrest falls from height with the proper use of fall protection products to ensure safety on the job site.

This Multimedia Training Programme Includes:



Detailed subject notes and illustrations



Progress quizzes keep learning on track



An overhead slide presentation providing supplementary information



Videos illustrate best practices, case studies, and operational examples



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