



# WORKING AT HEIGHTS (Basic Fall Arrest Techniques)

SAQA US: 229998, NQF Level: 1

SAIOSH CPD Credits: 2

Duration: 1 Day

## Course description

The Working at Heights course provides participants with essential knowledge and safety skills required for working in elevated environments. The course focuses on understanding the risks associated with working at heights and emphasizes safety measures, equipment usage, and regulatory compliance to ensure the well-being of workers.

## Course outcome

The qualifying student will be capable of:

- Explaining the use and limitations of a limited range of fall arrest equipment and fall arrest plan.
- Inspecting, assembling, and storing fall arrest equipment.
- Selecting suitable anchor points.
- Using fall arrest systems with a double lanyard.
- Using pre-installed vertical and horizontal lifelines.

## Course content

### MODULE 1: FALL ARREST EQUIPMENT AND REGULATIONS

- 1.1 The full body harnesses.
- 1.2 The fall arrest equipment.
- 1.3 The limitations and use of fall arrest equipment.
- 1.4 The risks of using a non-energy absorbing lanyard.
- 1.5 The use of a fall arrester on a rigid and flexible anchorage line.
- 1.6 The purpose for the fall arrest plan.

### MODULE 2: INSPECT, ASSEMBLE AND STORE FALL ARREST EQUIPMENT

- 2.1 The range of personal fall arrest equipment is inspected.
- 2.2 Personal fall arrest and Personal Protective Equipment (PPE).
- 2.3 The activated energy absorbing lanyard and an intact lanyard.
- 2.4 The reason for using certificated and identified fall arrest equipment.
- 2.5 The reason for wearing a helmet with a chinstrap.
- 2.6 The requirements for equipment storage.

### MODULE 3: SELECT SUITABLE ANCHOR POINTS

- 3.1 The purpose of an anchor point.
- 3.2 The difference between planned and self-identified anchor points.
- 3.3 Anchor points, safe loads and compatibility of fall arrest equipment.

### MODULE 4: USE FALL ARREST SYSTEMS WITH A DOUBLE LANYARD

- 4.1 The purpose of allowing for "minimum free space."
- 4.2 The way to deal with limited "fall clearance and/or free space."
- 4.3 Switchover from a double lanyard system to an installed lifeline.
- 4.4 A retractable lifeline and a work positioning lanyard.
- 4.5 The way to reduce the arrest distance.
- 4.6 The way to transport tools or equipment.

### MODULE 5: VERTICAL AND HORIZONTAL LIFE-LINES

- 5.1 The purpose and use of lifelines.
- 5.2 The difference between vertical and horizontal lifelines.
- 5.3 Lifelines are used following correct attachment to lifelines.
- 5.4 The reason why it is best to work in a team.
- 5.5 A rescue is awaited in a way that will minimise suspension trauma.
- 5.6 Methods to prevent suspension trauma.
- 5.7 The risks associated with awaiting rescues.

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