



FALL ARREST AND BASIC RESCUE

SAQA US: 229995
 NQF Level: 2, SAQA Credits: 3
 SAIOSH CPD Credits: 5
 Duration: 2 Days

Course description

The Fall Arrest and Basic Rescue course is designed to provide participants with the essential knowledge and practical skills required to safely work at heights and perform basic rescue operations. The course covers legislative requirements, risk assessment, fall protection systems, and emergency procedures, ensuring that participants are well-prepared to handle fall-related incidents in the workplace.

Course outcome

By completing the Fall Arrest and Basic Rescue course, participants should be able to work safely at heights, effectively use fall protection equipment, and perform basic rescue operations in the event of a fall, ensuring their safety and the safety of their colleagues.

Course content

MODULE 1: EXPLAIN THE USE OF A RANGE OF FALL ARREST EQUIPMENT AND KNOWLEDGE OF APPLICABLE REGULATIONS.

1. The difference between a full body harness and a work positioning system.
2. The full range of the fall arrest equipment.
3. The limitations and use of fall arrest equipment and connectors.
4. The risks of using non-energy absorbing lanyard.
5. The use of a fall arrest system on a rigid and flexible anchorage line.
6. A range of rescue equipment and their use.

MODULE 2: EXPLAIN AND USE BASIC ROPE KNOTS.

1. Knots required for fall arrest.
 - 1.1 Knots include figure 8 stopper, double figure 8, figure 8 on a bight, klemheist.
2. The range of fall arrest rescue equipment.
 - 2.1 Includes rope grabs, pulleys, fall arrest winch, rigging plates, ropes, edge protectors.
3. Tying of a klemheist knot.

MODULE 3: INSTALL AND USE FALL ARREST SYSTEMS.

1. The installations of horizontal and vertical lifelines.
2. Safe use of anchors.
3. The fall arrest system set up.
4. The switchover to a lifeline from a double lanyard.
5. The requirements of a permanent fall arrest system.
6. Ways to reduce the fall distance and the rescue after a fall.

MODULE 4: INSPECT AND ASSEMBLE FALL ARREST EQUIPMENT AND SYSTEMS.

1. Own and team member's personal fall arrest equipment and PPE are inspected assembled and fitted according to inspection criteria and equipment instructions.
2. Reporting of suspect equipment is explained according to worksite procedure.
3. The reasons why fall arrest equipment may not be repaired without manufacturer's approval.
4. The reasons for using certificated and identified fall arrest equipment.
5. The difference between an activated energy absorbing lanyard and an intact lanyard.
6. The requirements for equipment storage and inspection records.

MODULE 5: INTERPRET AND IMPLEMENT A FALL PROTECTION PLAN.

1. The purpose and components of a fall protection plan.
2. The duties of a person supervising a team are explained with examples.
3. The main possible hazards associated with work at height.
4. Changes in weather conditions and physical conditions that can affect the safety of the team.
5. The reasons for updating and adapting a fall protection.

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MODULE 6: PERFORM BASIC FALL ARREST RESCUES TO BRING A CASUALTY DOWN TO SAFETY.

1. Rope rescue system is securely anchored in terms of safe anchor points, correct tying and use of all the basic knots.
2. Descending of rope is done using a double locking action-descending device.
3. An assisted rope rescue of a conscious casualty is performed using a double locking action descending device.
4. An unassisted rope rescue of an unconscious casualty suspended in space is performed and alternatives to rope rescues.
5. The way and reasons for maintaining communication with a casualty.
6. The causes and risks of suspension trauma. examples.
7. The reasons for applying first aid and immediately calling for medical back-up are explained considering potential injury and locations.

THEORETICAL ASSESSMENT

Formative Assessment (Open book test)

Summative Assessment (Closed book test)

PRACTICAL ASSESSMENT

Practical Assignment

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