



FALL PROTECTION PLANNER

SAQA US: 229994
 NQF Level: 4, SAQA Credits: 3
 SAIOSH CPD Credits: 5
 Duration: 2 Days

Course description

The Fall Protection Planner course is designed to provide participants with an in-depth understanding of fall hazards, risk assessment, and the planning and implementation of comprehensive fall protection systems. Participants will learn to develop strategies, conduct assessments, and create fall protection plans in compliance with South African regulations and industry best practices.

Course outcome

The course aims to equip participants with the knowledge, skills, and competencies needed to effectively plan, implement, and manage comprehensive fall protection systems in diverse workplace settings, ensuring the safety of workers at elevated work areas.

Course content

MODULE 1: PERFORM A RISK ASSESSMENT

- 1.1 Risk assessment includes all of the following:
 - 1.1.1 Identification of risks and hazards
 - 1.1.2 Evaluation of risks
 - 1.1.3 Documented work procedures
 - 1.1.4 Monitoring of the plan
 - 1.1.5 Review of plan.
- 1.2 A worksite, where work is to be done at height, is assessed for risks.
 - 1.2.1 Hazard identification
 - 1.2.2 Hazard analysis
 - 1.2.3 Risk evaluations.
- 1.3 Hazard analysis is done to consider the likelihood and severity of hazards to determine their significance.
- 1.4 The requirements of the person performing risk assessments.
- 1.5 Safe work procedures, monitoring and review plans are developed.
- 1.6 Ways to protect and prevent falls of people, equipment and materials.
- 1.7 The content of a comprehensive risk assessment.
- 1.8 Personnel who are required to receive safety training in hazards and work procedures.

MODULE 2: FALL ARREST RESCUE EQUIPMENT AND ADVANCED FALL ARREST RESCUE TECHNIQUES.

- 2.1 The different requirements and use of a comprehensive range of fall arrest and fall prevention equipment:
 - 2.1.1 Retractable lanyards.
 - 2.1.2 Energy absorbing lanyards.
 - 2.1.3 Guided type fall arresters on anchor lines.
- 2.2 The rescue equipment needed for various rescue situations.
 - 2.2.1 Rescue equipment for simple lowering techniques.
 - 2.2.2 Hauling systems.
 - 2.2.3 Fall arrest rescues using cableways.
- 2.3 The use of each of the various rescue techniques.
 - 2.3.1 The terms.
 - 2.3.2 Shock load.
 - 2.3.3 Fall factors.
 - 2.3.4 Anchor loads.
- 2.4 Ensuring that appropriate rescue equipment is available and the consequences.
- 2.5 A procedure for fall arrest equipment inspection, maintenance and testing is drawn up.

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MODULE 3: DEVELOP A FALL PROTECTION PLAN AND FALL ARREST PLAN.

- 3.1 A fall protection plan is prepared, based on the requirements of the Occupational Health and Safety Act, Building Regulations.
- 3.2 The maintenance and distribution of a fall protection plan.
- 3.3 A fall protection plan is prepared based on the requirements of the Occupational Health and Safety Act, Construction Regulations.
- 3.4 The difference between fall protection and fall arrest.

MODULE 4: MANAGE SAFETY OF PERSONNEL WORKING AT HEIGHTS.

- 4.1 Medical and other risks associated with falls.
- 4.2 The cause for suspension trauma that can lead to death.
- 4.3 The requirements for reporting a height safety incident.
- 4.4 The reasons why it is best to let people work in teams under a supervisor during working at height.
- 4.5 The factors to consider when evaluating people's suitability for performing work at height.
- 4.6 Safety training records for personnel working at height are maintained and the requirements described according to current legislation.

THEORETICAL ASSESSMENT

Formative Assessment (Open book test)

Summative Assessment (Closed book test)

PRACTICAL ASSESSMENT

Fall Protection Plan Assignment

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