



TRAINING AND PROJECTS

"making your skills a priority"

Title: Install, Use, and Perform Basic Rescues from Fall Arrest Systems and Implement the Fall Protection Plan

SAQA ID: 229995

NQF Level: 2

Credits: 3

Course Description

This course provides learners with the knowledge and skills required to install, use, and perform basic rescues using fall arrest systems. It also equips participants to implement fall protection plans effectively. The training emphasizes safety in environments where there is a risk of falling from heights, such as construction, maintenance, and industrial worksites.

Course Objectives

By the end of this course, learners will be able to:

1. Identify work at height hazards and assess associated risks.
 2. Install and use fall arrest systems correctly.
 3. Perform basic rescue operations to ensure the safety of individuals suspended in fall arrest systems.
 4. Implement a fall protection plan according to organizational and legislative requirements.
 5. Adhere to workplace safety regulations and standards related to fall protection.
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Benefits of Completing this Course

- Improved understanding of fall hazards and mitigation strategies.
 - Enhanced ability to work safely and confidently at heights.
 - Compliance with occupational safety and health standards.
 - Ability to respond to fall emergencies promptly and effectively.
 - Reduced risk of workplace accidents and injuries.
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Who Should Attend?

- Construction workers operating at height.
 - Maintenance personnel.
 - Workers in manufacturing, utilities, and other industries requiring fall protection.
 - Safety officers and supervisors overseeing work-at-height activities.
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Assessment

Assessment will be based on the learner's ability to:

- Demonstrate understanding of fall arrest systems and fall protection planning through written tests.
 - Install and use fall arrest systems during practical exercises.
 - Conduct simulated basic rescue operations.
 - Implement a fall protection plan during workplace scenarios.
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Specific Outcomes and Assessment Criteria

1. Identify and Assess Work-at-Height Hazards

- **Outcomes:**
 - Identify potential fall hazards in a workplace environment.
 - Assess risks and propose control measures to mitigate them.
 - **Assessment Criteria:**
 - Risk assessment reports are comprehensive and adhere to safety standards.
 - Hazards and control measures are identified and communicated effectively.
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2. Install and Use Fall Arrest Systems

- **Outcomes:**
 - Install fall arrest systems according to manufacturer guidelines.
 - Use harnesses, lanyards, and connectors correctly.
 - **Assessment Criteria:**
 - Fall arrest systems are installed safely and securely.
 - Demonstrate proper donning and inspection of safety equipment.
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3. Perform Basic Rescue Operations

- **Outcomes:**
 - Execute a basic rescue of a suspended individual.
 - Use appropriate tools and techniques for rescue.
- **Assessment Criteria:**
 - Rescues are performed safely and within an acceptable timeframe.
 - Proper use of rescue equipment is demonstrated.



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4. Implement a Fall Protection Plan

- **Outcomes:**
 - Understand and apply the components of a fall protection plan.
 - Monitor compliance with fall protection measures on-site.
 - **Assessment Criteria:**
 - Fall protection plans are implemented according to legislative requirements.
 - Documentations are completed accurately.
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Course Structure

1. **Theory Modules:**
 - Introduction to working at heights.
 - Legislative and regulatory framework for fall protection.
 - Components of fall arrest systems.
 2. **Practical Modules:**
 - Installation of fall arrest systems.
 - Use of safety harnesses and connectors.
 - Conducting basic rescue operations.
 3. **Fall Protection Plan Development:**
 - Drafting and implementing a fall protection plan.
 - Monitoring and maintaining compliance.
 4. **Evaluation and Feedback:**
 - Written and practical assessments.
 - Review of performance and guidance for improvement.
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This course ensures that participants are well-prepared to work safely at heights by equipping them with the necessary skills to use fall arrest systems, perform rescues, and implement fall protection plans. It helps organizations foster a safer work environment and reduce the risks associated with work-at-height activities.