



TRAINING AND PROJECTS

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Course Title: Explain and perform fall arrest techniques when working at height

SAQA ID: 229998

NQF Level: 1

Credits: 2

Course Description:

This course provides learners with the essential knowledge and skills required to work safely at heights. It focuses on understanding fall arrest principles and the correct use of fall arrest systems under the supervision of a qualified supervisor. The course covers legislative requirements, identification and use of fall arrest equipment, selection of suitable anchor points, and practical applications of fall arrest systems, ensuring participants are well-prepared for real-world scenarios.

Course Objectives:

- Understand the principles of fall protection and relevant legislative requirements.
- Identify and describe various types of fall arrest equipment and their proper usage.
- Conduct pre-use inspection of fall arrest equipment.
- Implement safe work procedures when working at height.
- Select suitable anchor points for fall arrest systems.
- Demonstrate the correct use of fall arrest systems, including double lanyards and lifelines.
- Develop skills to safely use pre-installed vertical and horizontal lifelines.
- Perform fall arrest techniques in various scenarios.
- Implement risk reduction strategies during rescue operations.

Benefits of Completing this Course:

- Enhanced knowledge and skills for working safely at heights.
- Compliance with Occupational Health and Safety regulations.
- Increased confidence in using fall arrest equipment and systems.
- Improved safety awareness and risk management.
- Certification aligned with SAQA Unit Standard 229998, contributing to qualifications on the National Qualifications Framework.
- Recognition as a competent individual capable of working at heights.

Who Should Attend:

- Employees who are required to work at heights as part of their job.
- Supervisors responsible for overseeing work at heights.
- Safety officers and managers looking to improve workplace safety.
- Individuals seeking certification for professional development in height safety.
- Anyone involved in industries such as construction, maintenance, roofing, and other sectors where working at heights is common.

Assessment:

The course assessment will involve a combination of theoretical and practical components to ensure you can demonstrate competency in all aspects of working at heights.



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Specific Outcomes and Assessment Criteria:

Specific Outcome 1

Demonstrate basic knowledge of the limitations of a limited range of fall arrest equipment and regulations.

Outcome Range

Fall arrest equipment in this unit standard includes full body harness, helmet, work positioning system, lanyard and energy absorber, shock absorbing lanyard, retractable life-line, permanent life-lines.

Assessment Criteria

Assessment Criterion 1

The difference between a full body harness and a work positioning system is explained with examples when each will be used.

Assessment Criterion 2

The full range of the fall arrest equipment is identified and the uses explained with examples.

Assessment Criterion 3

The limitations and use of fall arrest equipment and full arrest connectors are explained using examples of use according to manufacturer's instructions.

Assessment Criterion 4

The risks of using a non-energy absorbing lanyard is explained with examples.

Assessment Criterion 5

The use of a fall arrester on a rigid and flexible anchorage line is explained considering the limitations.

Assessment Criterion 6

The purpose for the fall arrest plan are explained with examples of its uses.

Specific Outcome 2

Inspect, assemble and store fall arrest equipment.

Assessment Criteria

Assessment Criterion 1

The range of personal fall arrest equipment is inspected explaining the inspection criteria.

Assessment Criterion 2

Personal fall arrest and Personal Protective Equipment (PPE) is assembled and fitted according to manufacturer's requirements and fall arrest plans.

Assessment Criterion 3

The difference between an activated energy absorbing lanyard and an intact lanyard is visually determined and the reason for not using an activated energy-absorbing lanyard is explained with examples.



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Assessment Criterion 4

The reason for using certificated and identified fall arrest equipment is explained according to equipment requirements.

Assessment Criterion 5

The reason for wearing a helmet with a chinstrap is explained according to safety requirements.

Assessment Criterion 6

The requirements for equipment storage are explained according to manufacturer's recommendation.

Specific Outcome 3

Select suitable anchor points.

Outcome Range

Anchor points include planned (designed) and other self-identified (un-engineered) anchor points.

Assessment Criteria

Assessment Criterion 1

The purpose of an anchor point is explained in terms of arresting falls.

Assessment Criterion 2

The difference between planned and self-identified anchor points are explained giving examples of the weight each system can support.

Assessment Criterion 3

Anchor points are selected based on safe loads and compatibility with selected fall arrest equipment.

Assessment Criterion Range

The anchor point, sharp items, preventing damage, point loading and size of hook.

Specific Outcome 4

Use fall arrest systems with a double lanyard.

Outcome Range

Fall arrest system includes energy-absorbing lanyard including two singles, v-type and double legged lanyard or double lanyard.

Assessment Criteria

Assessment Criterion 1

The purpose of allowing for "minimum free space" is explained according to safe practices.

Assessment Criterion 2

The way to deal with limited "fall clearance and/or free space" is described, with examples.



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Assessment Criterion 3

Switchover from a double lanyard system to an installed lifeline is performed following safe practices.

Assessment Criterion 4

A retractable lifeline and a work positioning lanyard are used according to safe practices.

Assessment Criterion 5

The way to reduce the arrest distance is demonstrated and the reasons explained with examples.

Assessment Criterion 6

The way to transport tools or equipment is explained according to safe practices.

Specific Outcome 5

Use pre-installed vertical and horizontal life-lines and explain reducing risks during rescue.

Assessment Criteria

Assessment Criterion 1

The purpose and use of lifelines is explained with examples where lifelines are needed.

Assessment Criterion 2

The difference between vertical and horizontal lifelines is explained based on the angles.

Assessment Criterion 3

Lifelines are used following correct attachment to lifelines.

Assessment Criterion Range

Includes horizontal and vertical lifelines.

Assessment Criterion 4

The reason why it is best to work in a team is explained referring to rescue situations.

Assessment Criterion 5

A rescue is awaited in a way that will minimise suspension trauma.

Assessment Criterion 6

Methods to prevent suspension trauma are explained verbally with examples.

Assessment Criterion 7

The risks associated with awaiting rescues are explained with examples.

Assessment Criterion Range

Includes suspension trauma, position, and physical injury.



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By successfully completing this SAQA Unit Standard 229998 course, you will gain the essential skills and certification needed to work safely at heights, ensuring compliance with industry regulations and enhancing your professional qualifications.