

COURSE LAYOUT

Working at Heights and Self-Rescue

Purpose of Training

Learners wishing to acquire the competencies in this course will be individuals working at heights where there is a risk of injury from a fall. Learners will be involved in performing tasks at height. Learners will be able to follow fall arrest principles to perform work at height safely, under the supervision of a qualified supervisor.

Objectives

At the end of the course qualifying learners will be able to:

- demonstrate basic knowledge of the limitations of a limited range of fall arrest equipment and regulations.
- Inspect, assemble, and store fall arrest equipment.
- Select suitable anchor points.
- Use fall arrest systems with a double-leg lanyard.
- Use pre-installed vertical and horizontal lifelines and explain reducing risks during a rescue.

Course Prerequisites

Two certified copies of ID/Passport certified copy of Highest Qualification, valid work at Heights medical certificate of fitness issued by an OHP (Occupational Health Practitioner). Communication and Mathematical Literacy at Abet Level 3 or equivalent.

Language of Delivery

English

Delivery Methods

The course is facilitated by a competent subject matter trainer, who utilizes a combination of the following techniques to ensure that the session is practical and experiential: Discussion; Role Play; Exercises & Case Studies; Videos/DVDs; Games, Slide Shows & Written Questions.

Training & Evaluation

Training on a 50% theoretical and 50% practical basis.

Additional Information

Duration	1 day
Unit Standard	229998
NQF Level	Level 1
Credits	2
SETA	CETA