



SAQA UNIT STANDARD

229998

NQF Level 1 | 2 Credits

WORKING AT HEIGHTS TRAINING CAPE TOWN

Explain and perform fall arrest techniques when working at height

Practical one-day working-at-heights training aligned to SAQA Unit Standard 229998 for people who work at height under supervision. Build essential competence in fall arrest equipment, anchor selection, double-lanyard systems, lifelines and suspension-trauma awareness.

UNIT STANDARD

229998

NQF LEVEL

Level 1

CREDITS

2

DURATION*

1 Day

COURSE FEE

**BY WRITTEN
QUOTATION****PUBLIC CLASSES + ON-SITE**

Cape Town training centre + employer group delivery

What learners practise

FFall arrest
principles**E**Equipment
inspection**A**Anchor point
selection**D**Double-lanyard
systems**L**Vertical & horizontal
lifelines**R**Rescue waiting &
suspension trauma

Download. Review. Enquire.

Build practical fall-arrest competence before the next task at height.

Use this course sheet for HR and safety files, training approvals, quotation requests and employer group planning.

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SCAN TO ENQUIRE

*Duration shown as currently listed on the Swift Skills Academy course page. SAQA 229998 has passed its last-enrolment date; confirm the current approved training pathway, provider scope and programme availability before enrolment.



COURSE LAYOUT

SAQA Unit Standard 229998 | NQF Level 1 | 2 Credits

Official title: Explain and perform fall arrest techniques when working at height. Professional course information for employers, safety teams and individual learners.

PROGRAMME SNAPSHOT

SAQA Unit Standard ID	229998
NQF Level	Level 1
Credits	2 credits
Language	English
Duration*	1 day
Delivery	Public + on-site
Course Fee	By written quotation

DELIVERY + ASSESSMENT

Entry Requirements

Course page requirements include certified ID / passport documentation, highest qualification, a valid medical certificate of fitness for working at heights, and Communication + Mathematical Literacy at ABET Level 3 or equivalent.

Delivery Method

Facilitator-led discussion, role play, case studies, videos, written questions and hands-on fall-arrest activities.

Training & Evaluation

Current course page states a 50% theoretical and 50% practical training approach.

Available Options

Public classes in Cape Town and on-site employer group training by written quotation.

LEARNER OUTCOMES

- Explain the use and limitations of a limited range of fall arrest equipment and the fall arrest plan.
- Inspect, assemble, fit and store fall arrest equipment correctly.
- Select suitable anchor points for the fall arrest system.
- Use fall arrest systems with a double lanyard and manage fall-clearance considerations.
- Use pre-installed vertical and horizontal lifelines and explain how to reduce risk while awaiting rescue.

SUITABLE FOR

- Construction workers
- Industrial plant personnel
- Maintenance & shutdown teams
- Telecom / installation teams
- Roof / elevated work teams
- Contractor & subcontractor teams
- Scaffold users working at height
- Employers needing group training

PROGRAMME STATUS & BOOKING NOTE

SAQA Unit Standard 229998 has passed its registration end date. The official SAQA record lists 30 June 2024 as the last date for enrolment and 30 June 2027 as the last date for achievement. Because the last-enrolment date has passed, any new booking must be confirmed against the provider's current approved pathway, scope and programme availability.

ENQUIRE ABOUT WORKING AT HEIGHTS TRAINING

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