

FALL ARREST TECHNIQUES WHEN WORKING AT HEIGHT

CHECKLIST

SAQA US ID 229998 | NQF Level 1 | 2 Credits | Swift Skills Academy
Safe Practices for Basic Fall Arrest (Under Supervision)

1. Demonstrate Knowledge of Fall Arrest Equipment & Regulations

- Differentiate between full body harness and work positioning system with examples of use
- Identify full range of fall arrest equipment (harness, helmet, lanyard, energy absorber, retractable lifeline)
- Explain uses and limitations of equipment and connectors per manufacturer's instructions
- Explain risks of using non-energy absorbing lanyards
- Explain use of fall arrester on rigid/flexible anchorage lines and limitations
- Explain purpose and uses of the fall arrest plan

2. Inspect, Assemble & Store Fall Arrest Equipment

- Inspect equipment (hardware for damage/deformation, software for stitching/webbing)
- Assemble and fit PPE and fall arrest equipment per manufacturer and plan
- Identify activated vs intact energy absorbing lanyard and explain why not to use activated one
- Confirm equipment is certificated and identified
- Wear helmet with chinstrap and explain its importance
- Store equipment per manufacturer's recommendations

3. Select Suitable Anchor Points

- Explain purpose of anchor points in arresting falls
- Differentiate planned (engineered) vs self-identified anchor points and load capacities
- Select anchor points based on safe loads, compatibility, no sharp edges/point loading

4. Use Fall Arrest Systems with Double Lanyard

- Explain importance of minimum free space/clearance below
- Describe handling limited fall clearance situations
- Perform safe switchover from double lanyard to installed lifeline
- Use retractable lifeline and work positioning lanyard safely
- Demonstrate reducing arrest distance and explain reasons
- Transport tools/equipment safely (e.g., tool bags, not on lanyard)

5. Use Pre-Installed Lifelines & Prepare for Rescue

- Explain purpose and when lifelines are needed
- Differentiate vertical vs horizontal lifelines (angles/usage)
- Attach correctly and use vertical/horizontal lifelines safely
- Explain benefits of team work for rescue situations
- Await rescue in position to minimise suspension trauma (keep feet moving)
- Explain methods to prevent suspension trauma
- Identify risks while awaiting rescue (trauma, injury, environment)



Essential Fall Arrest Equipment & PPE (Minimum Requirements)

- Full body harness with energy absorber and double lanyard
- Helmet with chinstrap, safety boots, gloves, close-fitting clothing
- Retractable lifeline or pre-installed vertical/horizontal lifelines
- Connectors (locking karabiners, scaffold hooks)
- Medical certificate of fitness for working at height

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