

# Working at heights

UNIT STANDARD NUMBER: 229994  
UNIT STANDARD LEVEL (NQF): 04 (3 credits)  
FIELD: Services

## Duration

Full Training (Novice): 2 Days  
Recertification Training/Evaluation: 1 Day

## Course outline

Fall protection essentials guide: Get a better view from up high!

Falls from height statistics

Where does the problem lie?

2 Steps before considering the use of Personal Fall Protection Equipment (PFPE)

Recommendations for safe working at height

Before any work at height, it is absolutely necessary to answer the 3 following questions...

Understanding PFPE

Working at height categories

Personal Fall Protection Equipment (PFPE) selection

Anchor devices

Full body harness

Connecting devices

Fall arresters on rigid lines and rails

Fall clearance

Understanding regulations and standards

Regulations & standards

Care and maintenance of PFPE

Requirements for rescue

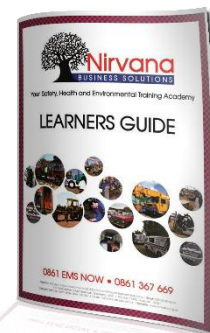
Key planning factors

## Each learner will receive

- A learner workbook including progress quizzes
- Logbook and checklist example templates
- A portfolio of evidence of practical and theoretical evaluations

## Assessment methods





We conduct a formative theoretical assessment at the beginning of the course to gauge the learner's initial understanding (novices only). At the end of the training, a summative theoretical, as well as a practical application assessment is conducted, and the learner is found competent, and if not, additional developmental areas are identified and suggested.



*HRET D is proud to present this state-of-the-art working at heights training course that includes visual presentations.*

*Approved by the Health and Welfare Sector Education and Training Authority (HWSETA), the course is designed to provide the learner with awareness, knowledge and the necessary skills to arrest falls from height with the proper use of fall protection products to ensure safety on the job site*

## This multimedia training programme includes:

-  Detailed subject notes and illustrations
-  Progress quizzes keep learning on track
-  An overhead slide presentation providing supplementary information
-  Videos illustrate best practices, case studies and operational examples