



PST TRAINING (PTY) LTD

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PST Training (Pty) Ltd

Working at Heights with Fall Arrest

Overview

This course provides essential knowledge and skills for individuals who work at heights, focusing on the safe use of fall arrest systems and equipment. The program aligns with South African Occupational Health and Safety (OHS) regulations and industry standards to ensure compliance and worker safety.

Objectives

- Identify potential hazards when working at heights.
- Use appropriate fall arrest and personal protective equipment (PPE) correctly.
- Implement safety measures to prevent accidents.
- Respond effectively to emergencies involving falls.
- Understand legal requirements and employer responsibilities in South Africa.

Course Prerequisites

Basic understanding of workplace Health and Safety.
Communication at ABET Level 3 & Mathematical at ABET Level 3.

Language of Delivery

English

Delivery Methods

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

Training & Evaluation

Training on a 70% theoretical and 30% practical basis (Incl. Risk Assessment).

Assessment

Theory Assessment: Written test covering course content.

Practical Assessment: Demonstration of correct use of fall arrest equipment and emergency procedures.

Who should attend?

The working at height course is suitable for anyone whose duties include working at heights. This includes employees who supervise others working at heights. Relevant professions and industries include: Construction, Warehouses and Factories, Tradespeople, Scaffolders, Window Fitters, Telecommunications.

Course Outline

This course consists of the following 7 modules	
Module 1	Introduction to Working at Heights: Overview of the risks and hazards associated with working at heights; Importance of fall protection; Overview of relevant South African legislation (Occupational Health and Safety Act); Employer and employee responsibilities
Module 2	Fall Protection Systems: Types of fall protection (Fall Arrest, Fall Restraint, Fall Recovery); Selection and use of appropriate systems based on risk; Inspection and maintenance of equipment
Module 3	Fall Arrest Equipment: Full body harnesses: features and correct use; Lanyards and shock absorbers; Anchor points and connectors; Donning and fitting a harness (practical demonstration)
Module 4	Identifying and Assessing Hazards: Understanding and identifying potential hazards when working at heights; Risk assessment for different work environments (e.g., scaffolding, rooftops, ladders); Safe access to heights and creating a safe work environment
Module 5	Safe Work Procedures: Developing a fall protection plan; Working safely on scaffolding, ladders, and elevated platforms; Emergency procedures, including fall recovery and rescue
Module 6	Reporting: Inadequate equipment and injuries, incidents and accidents to the relevant authorities
Module 7	Practical Application and Competency Assessment: Hands-on training in fitting harnesses and using fall arrest systems; Simulated exercises on hazard identification and equipment use

Additional Information

Duration	1 Day
Includes	<ul style="list-style-type: none"> • Comprehensive Manual • Lunch & Refreshments (not applicable to on-site training) • SAIOSH Accredited (2 CPD credits/points) • Electronic Certificate (on successful completion of the course) • Electronic Delegate Feedback Questionnaire