



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Working at Heights

Overview

Height Regulations 2005 define "working at height" as work in any place in where a person could fall far enough to cause injury if there were no precautions in place, a less than 2 metre fall could result in serious or fatal injury. This cause of fatal injury in the workplace is in the top three causes of injury.

Height training facilitates employees to learn how to remain safe and keep others safe. Employers fulfil their legal obligations, show commitment to the health and safety of staff, and avoid the consequences that result from accidents in the workplace.

Objectives

To ensure all workers using fall protection systems at heights understand how to identify hazards and prevent falls.

Course Prerequisites

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)

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 8 modules

Module 1	Legal Requirements: Occupational Health & Safety Act; General Duties of Employers to their Employees; Proof of Certain Facts; Addendum 1: Terminology & Definitions
Module 2	Working at Heights: Fall Protection System – Elements; Fall Prevention, Protection & Arrest; Institute for Working at Heights; Definitions and Terminology; Judgement – Personal and Management; Consequences of Non-Compliance; Workplaces – Examples; Access and Egress to a Working @ Height Work Area
Module 3	Working at Heights Team: Competent Person; Planner; Fall Protection Planner; Supervisor – Rope Access; Legal Requirements – Appointments; Legal Requirements – Rope Access Work; Duties of a Supervisor: "Fall Protection System"; Operator / WaH Worker; Duties of Employees: Interfere, Misuse or Damage; Medical Certificate
Module 4	Hazard Identification Risk Assessment: Introduction to Hazard Identification Risk Assessment; Legal Requirements; Hazard Identification; Other Hazards; Risk Assessment – Control Measures; Hierarchy of Control – Mitigating Hazards
Module 5	Fall Protection: Plan; Systems; Access; Ladders & Step Ladders; Roof Ladders and Crawl boards; Scaffolds and Platforms
Module 6	Suspended Platforms: Platforms vs Scaffolds; Temporary Work Platforms; Safety Net; Mobile Scaffolds
Module 7	Mechanical Equipment (Fall Protection): MEWP's; Forklift work Platforms; Man Cage; Work Platforms; Crane Lift Platforms
Module 8	Incident Reporting: Medical Certificate of Fitness; Addendum 2; Addendum 3

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)