

Overview

This course will guide you through the selection and inspection of various fall arrest systems and relevant ropes and knots. There are also practical scenarios to ensure you understand the use, installation and disestablishment of proprietary height safety systems, anchor points, work positioning, restraint systems and developing and implementing a rescue plan. We also cover hazards associated with scaffolds, mobile elevated work platforms, ladders, guardrails, walkways, ramps and stairways.

Course Content

- Explain the legislative requirements and systems used for working at heights
- Demonstrate knowledge of hazards associated with wearing a safety harness and associated equipment
- Obemonstrate knowledge of safety harnesses and associated systems and equipment
- Check and fit a safety harness system
- Use a safety harness system where a fall hazard exists at height
- Demonstrate knowledge of the rescue plan to be activated in the event of a fall
- Identify the common types of height safety equipment used in the workplace
- Identify suitable height work equipment and suitable anchor points for fall and arrest systems
- Identify anchor points and prepare to install a temporary proprietary height safety systems
- Install horizontal and vertical temporary proprietary height safety systems
- Use and disestablish temporary proprietary height safety systems
- Use height safety equipment and plan rescue techniques and emergency procedures for working at height

Unit Standards

UNIT 17600 Explain safe work practices for working at heightsUNIT 15757 Use, install and disestablish temporary proprietary

fall arrest systems when working at height

UNIT 23229 Use a safety harness for personal fall prevention

when working at height

UNIT 25045 Employ height safety equipment in the workplace

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