



AM Risk & Training (Pty) Ltd

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A SACAA APPROVED & ACCREDITED ATO IN TERMS OF PART 141 OF THE CAR'S

COURSE: WORKING AT HEIGHTS

TARGET GROUP : All personnel who work at heights above 1.5 metres from the ground

OBJECTIVE: This training will provide personnel all of the required minimum knowledge, & practical skills, requirements and guidelines to provide maximum prevention/protection against falls from elevation and a minimum standard of training necessary to ensure personnel understanding and compliance with the program. On completion of the training the learner will be equipped the knowledge and skills to identify and comply with the requirements. The goal is to achieve 100% fall prevention/protection for all personnel exposed to potential falls.

Course Duration: 1 Day

- 1. INTRODUCTION**
- 2. PURPOSE**
- 3. PRIMARY FALL PREVENTION SYSTEMS**
- 4. LEGISLATION**
 - 4.1. CONSTRUCTION REGULATIONS, 2003
 - 4.2. FALL PROTECTION
- 5. RISK ASSESSMENTS/HEALTH AND SAFETY CONSIDERATIONS**
 - 5.1. WHAT IS RISK ASSESSMENT?
 - 5.2. RECOGNITION OF POTENTIAL FALL HAZARDS
 - 5.3. ELIMINATE OR CONTROL
- 6. IS TRAINING ENOUGH?**
- 7. DEFINITIONS**
- 8. FALL PROTECTION**
 - 8.1. USE THE FOLLOWING GUIDELINES TO HELP YOU THROUGH THE PLANNING PROCESS.
 - 8.2. WHAT IS A FALL PROTECTION SYSTEM?
- 9. CONVENTIONAL FALL PROTECTION**
 - 9.1. PERSONAL FALL-ARREST SYSTEMS
 - 9.2. PERSONAL FALL-ARREST SYSTEM COMPONENTS
- 10. SCAFFOLDING/TEMPORARY WORK PLATFORMS**
- 11. GUARDRAIL SYSTEMS**
- 12. LADDERS**

- 12.1. CORRECT EXTENSION LADDER SETUP
- 12.2. EXTENSION LADDER SAFETY TIPS
- 12.3. EXTENSION LADDER LEVELER AND STABILIZER
- 13. COVERS/BARRICADES**
- 14. WARNING LINES**
 - 14.1. THE WARNING LINE SHALL BE ERECTED AROUND ALL OPEN SIDES OF THE ROOF WORK AREA
 - 14.2. WARNING LINES SHALL CONSIST OF ROPE OR WIRE CABLES, AND SUPPORTING STANCHIONS ERECTED AS FOLLOWS
- 15. PERSONNEL RESTRAINT SYSTEMS**
- 16. FULL BODY HARNESS/SHOCK ABSORBING LANYARDS**
 - 16.1. THE BODY HARNESS
 - 16.2. REMEMBER THE FOLLOWING WHEN YOU USE A BODY HARNESS
 - 16.3. LANYARDS
 - 16.4. REMEMBER THE FOLLOWING WHEN YOU USE A LANYARD
 - 16.5. DECELERATION DEVICES
 - 16.6. PROCEDURE
- 17. ANCHORAGE POINTS**
 - 17.1. THE ANCHOR
 - 17.2. THE FOLLOWING EQUIPMENT AND STRUCTURE WILL NOT MEET THE REQUIREMENTS OF THE OSHA FALL PROTECTION STANDARD AND SHALL NOT BE USED FOR ANCHORAGE POINTS.
- 18. POSITIONING DEVICE SYSTEMS**
- 19. LIFELINE SYSTEMS**
 - 19.1. LIFELINES
- 20. SAFETY NET SYSTEMS**
 - 20.1. SAFETY-NET SYSTEMS
- 21. CONNECTORS TOGGLES**
 - 21.1. CONNECTORS
- 22. CONCRETE FORM ANCHORAGE POINTS**
- 23. TREINFORCEMENT STEEL/CONCRETE FORM WORK**
- 24. STRUCTURAL STEEL ERECTION**
- 25. PERSONNEL LIFTS/HOISTING DEVICE**
- 26. ROOFING**
 - 26.1. LOW SLOPE ROOF APPLICATIONS
 - 26.2. HIGH SLOPE ROOF APPLICATIONS
- 27. EXCAVATIONS**
- 28. DANGEROUS EQUIPMENT APPLICATION**
 - 28.1. PROTECTING WORKERS FROM FALLING OBJECTS
 - 28.2. COMMON METHODS FOR PROTECTING WORKERS FROM FALLING OBJECTS INCLUDE
- 29. TRAINING**
- 30. RETRAINING**
- DO AND DON'T**
 - 30.1. TEACH AND DEMONSTRATE PROPER DONNING PROCEDURE (PER MANUFACTURER'S GUIDELINE).
 - 30.2. DEMONSTRATE CORRECT USE AND STORAGE OF LANYARDS.
 - 30.3. EXPLAIN AND DEMONSTRATE PROPER USE OF "D"-RINGS.
 - 30.4. REVIEW MANUFACTURERS RECOMMENDED INSPECTION PROCEDURE (BY USER BEFORE EACH USE).
 - 30.5. MOVEMENT AND ACCESS IN ELEVATED AREAS.
 - 30.6. RETRACTABLE LIFELINES
 - 30.7. PROPER CARE OF UNIT.
 - 30.8. DEMONSTRATE AND REVIEW PROPER USE OF UNIT.

- 30.9. GUIDELINES FOR USING PERSONAL FALL-ARREST SYSTEMS
- 30.10. INSPECTING AND MAINTAINING FALL-PROTECTION EQUIPMENT
- 30.11. INSPECTION GUIDELINES
- 31. WHAT TO LOOK FOR DURING INSPECTIONS

HANDOUTS	: Manuals Provided
REFRESHMENTS	: Tea, Coffee provided at training centre.
ASSESSMENT	: Written Theoretical & Practical Assessment
CERTIFICATE	: Certificate of Competence
IN-COMPANY	: AM Risk and Training is more than willing to provide your training needs In-Company at your facility to assist with cost saving.
ACCREDITATION	: The course which is conducted in accordance with the Occupational Health and Safety Act, Act 85 of 1993. Candidates who successfully pass the required Examination will be awarded a Certificate of Competence.
AMRISK	: AM Risk is SACAA Approved & Accredited Aviation Training Organisation (ATO) in terms of the CARS'S PART 141
LGSETA	: AMRISK is also Local Government Training Authority (LGSeta) Approved & Accredited – Our Accreditation Number is: LGRS=1128-140205

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