

SAFE WORKING AT HEIGHTS



DURATION

8 Hours

GROUP SIZE

1 – 12

COURSE OVERVIEW

Our course is designed for those working in operational roles where they are required to perform work at heights.

Participants are introduced to important legislation, compliance codes and Australian Standards relating to working at height. An understanding of hazard identification, completing risk assessment and the height safety hierarchy of control will be achieved. Safety issues related to working at heights that are covered include how forces are generated in falls, correct selection and use of anchor points and height safety equipment.

Throughout the training, participants are encouraged to develop, participate and apply skills in the safe management of working at heights from correctly fitting a full body harness and identifying harness features, through to equipment use, inspection and maintenance. Throughout the course, participants will experience and use a wide selection of height safety equipment and gain practical experience in the use of suitable height safety solutions.

The successful participant will be competent to safely work at heights using applicable fall protective equipment.

SUBJECTS COVERED

- Regulations and legislation
- Risk assessment and hierarchy of hazard control
- Types of Protection
- Anchor systems
- Selection of equipment and correct use
- Anchor systems, selecting solid and reliable anchorage
- Fall restraint systems, selection of equipment and correct use
- Work positioning systems, selection of equipment and correct use
- Fall arrest systems
- Using energy absorbing lanyards
- Safe ladder techniques
- Emergency procedures and rescue plan

PRE-REQUISITES

- Nil

PRE-ENTRY REQUIREMENTS

- Fitness to Participate – the physical capability to don a harness or lifeline (i.e. not to exceed manufacturers weight limits of harness, recent shoulder surgery) and climbing a ladder safely whilst maintaining three points of contact.
- Unique Student Identifier (USI) – all participants must hold a USI to receive a certificate for an accredited training course. To create a USI, go to www.usi.gov.au.
- Language, literacy, and numeracy (LLN) skills are required to communicate, complete, undertake written and practical assessment activities. If you have any concerns regarding the LLN requirements, please contact our training department on 03 9394 1288 for assistance.

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CERTIFICATION

As we are a Registered Training Organisation (RTO) our participants will be awarded a Nationally recognised Statement of Attainment on the successful completion of the training and assessment for this course. The unit of competency covered in this course is:

RIIWHS204D Work safely at heights

REFRESHER

Industry recommends that refresher training for Safe Working at Heights should be completed every two years.

