



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

Physical Address: Montrose Place, 2nd Floor, 2 Bella Rosa Street, Rosenpark, Bellville, 7500

Phone: 021 914 0850

Cell: 082 894 6643

Email: info@psttraining.co.za

Working At Heights with Fall Arrest Awareness

Overview

The Working at Heights with Fall Arrest Awareness course provides essential knowledge and practical awareness for individuals whose work activities expose them to the risks associated with working at heights. Falls from height remain one of the leading causes of serious injury and fatality in the workplace, making effective hazard awareness and fall protection critical.

This course focuses on identifying height-related hazards, understanding fall protection systems, and using fall arrest equipment correctly. It is aligned with South African Occupational Health and Safety (OHS) legislation and relevant industry standards, ensuring that learners understand their responsibilities and the measures required to prevent falls and respond to emergencies.

Course Objectives

On completion of this course, delegates will be able to:

- Identify hazards associated with working at heights
- Understand different fall protection systems and their applications
- Use fall arrest and personal protective equipment (PPE) correctly
- Participate in risk assessments related to work at heights
- Apply safe work procedures when working at heights
- Respond appropriately to fall-related emergencies
- Understand legal requirements and employer responsibilities

Course Prerequisite

- Basic understanding of workplace Health and Safety
- Communication: ABET / NQF Level 3 or equivalent
- Mathematical Literacy: ABET / NQF Level 3 or equivalent
- Copy of ID document (required for registration and certification purposes)
- English proficiency sufficient to engage with training materials

Language of Delivery

English

Delivery Methods

The course is facilitated by a competent subject matter expert using a combination of:

- Interactive discussions
- Practical demonstrations and exercises
- Case studies and workplace scenarios
- Role plays and group activities
- Video and slide presentations
- Written questions and knowledge checks

Training & Evaluation

- Training conducted on a 70% theoretical and 30% practical basis
- Practical demonstration of correct use of fall arrest equipment

Assessment includes

- Theory assessment: Written knowledge test
- Practical assessment: Demonstration of fall arrest equipment use

Who should attend?

This course is suitable for employees and supervisors whose duties involve working at heights, including:

- Employees working at heights (1.2m and above)
- Supervisors overseeing work at heights
- Construction and Maintenance Personnel
- Warehouse and Factory Workers
- Tradespeople and Contractors
- Scaffolders and Window Fitters
- Telecommunications and Utilities Workers

Course Outline

This course consists of the following 5 modules

Module 1

Introduction to Working at Heights and Legal Responsibilities

- Risks and hazards associated with working at heights
- Consequences of falls from height
- Overview of relevant South African OHS legislation
- Employer and employee responsibilities
- Importance of fall protection and compliance

Module 2	Fall Protection Systems - Types of fall protection: - Fall arrest - Fall restraint - Fall recovery - Selection of appropriate systems based on risk - Inspection, care, and maintenance of fall protection equipment
Module 3	Fall Arrest Equipment and Practical Use - Full body harnesses: features and correct fitting - Lanyards, shock absorbers, and connectors - Anchor points and anchorage systems - Practical demonstration: donning and fitting a harness
Module 4	Hazard Identification, Risk Assessment, and Safe Work Procedures - Identifying hazards when working at heights - Risk assessment for different environments: - Scaffolding - Rooftops - Ladders - Elevated platforms - Safe access and egress - Developing and implementing a fall protection plan
Module 5	Emergency Procedures, Reporting, and Practical Application - Emergency response procedures following a fall - Fall recovery and rescue awareness - Reporting unsafe conditions, Incidents / Accidents - Practical exercises in hazard identification and equipment use

Additional Information

Duration	1 Day	
Includes	- Comprehensive Training Manual - Lunch & Refreshments (not applicable to on-site / online training) - SAIOSH Accredited (2 CPD Credits/Points)	- Electronic Certificate (on successful completion) - Electronic Delegate Feedback Questionnaire