



FALL ARREST AND RESCUE TECHNIQUES

DESCRIPTION:

- Install, use & perform basic rescues from fall arrest & implement the Fall protection plan
- Explain and perform fall arrest techniques when working at height

FOR WHO: Tower climbers, general construction workers (scaffolding) and painters (Working from ledges and scaffolding), persons working on elevated platforms and Machinery and site managers, all of whom share in the responsibility of conducting a possible rescue

CANDIDATES: Minimum: 8 Candidates/ Maximum: 10 Candidates

DURATION: 2 Days

VALIDITY OF CERTIFICATE: 3 Years

COURSE CONTENT:

- i. Assembling, fitting and inspection of personal fall arrest equipment (harness, lanyards and connectors)*
- ii. Relevant legislation*
- iii. Fall arrest*
- iv. Work positioning*
- v. Shock loading*

- vi. Safe use of fall arrest systems and lifelines*
- vii. Basic knowledge of suspension trauma*
- viii. Use of double shock absorbing lanyard*

REGISTRATION REQUIREMENTS:

- i. 1 x Certified copy of ID Document*

Copy of Medical Certificate stating fitness for Work at Height (Valid for at least 3 months from training date)

- ii. Copy of Medical Certificate stating fitness for Work at Height (Valid for at least 3 months from training date)

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CANDIDATES:

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COURSE CONTENT:

- i. Introduction:
 - Brief outline of the standards governing working at height
 - Awareness of the OHS Act & equipment standards
 - Fall Protection plan outline
 - Training standards in regards to fall arrest, rope access, fall restraint, work Positioning

- ii. Falls And Fall Factors
 - Fall Factors (FF) relating to ropes and lanyards
 - Lanyard deployment and free space calculations
 - Shocking loading

- iii. Harness
 - Harness configuration and attachments
 - Buckles and fitting of harness
 - Fall arrest and work positioning attachment
 - General awareness, harness care, storage, etc

- iv. Shock Absorbing Lanyard
 - Principles of deployment and manufacturing
 - Lanyard lengths, specified lengths, no extensions
 - Double lanyards: clipping principles ie must clip both ends to anchor, angle
 - limitations
 - Angles

v. Connectors

- To EN spec and must be rated above 22kN
- Cover the three types:
 - Maillons
 - Karabiners; locking types only
 - Double action hooks, small and large
- One attachment point for multiply lanyards
- Dangers of cross loading, roll out and clip back on itself

vi. Helmets

- EN specifications for climbing helmet
- Correct fitting and adjustment

vii. Anchors, Slings And Wire Strops

- Anchor point selections
- Angles of attachment
- Types of slings:
 - Attachment of 2 anchor configuration
 - Correct use of earth anchors

viii. Work Positioning Lanyards

- Must have fall arrest component if potential of a fall
- Protection sheath
- Attachment points to the harness
- No more than a 05 meter fall

ix. Rope Grabs

- Different types
- Selecting the right one for the rope or track
- Don't extend
- Ascenders caution
- Principles of correct usage

x. Retractable Lanyard

- Correct usage
- Correct attachment

xi. Rescue

- The lowering of a conscious & unconscious patient & basic knowledge of
- Suspension syncope and the prevention thereof

xii. Practicals

- Equipment identification all aspects relating to fall arrest (not product specific)
- Single lanyard connection angles, lengths etc
- Single point climbing both horizontal and vertical with double lanyard
- Single point temporary or preinstalled vertical climbing
- Pre installed horizontal climbing
- Work positioning in conjunction with fall arrest
- Installation of temporary vertical systems with earth anchors
- Equipment limitations and inspections
- Rescue; correct lowering of unconscious and conscious patient (Lory/ID)
- Knots

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