

# **ASSESS A SITE AND PREPARE A FALL PROTECTION PLAN**

**ALIGNED COURSE TO  
UNIT STANDARD 229994**

**TRAINING TO IMPROVE YOUR PERFORMANCE**

## Introduction

This course is aligned to the unit standard and is aimed at people responsible for the safety and protection of people working at height where there is a risk of injury from a fall. The learner will be responsible for the safety of others performing tasks at height. Qualifying learners are able to develop fall protection plans for people working at height, required by the Occupational Health and safety act (Act 85 of 1993).

## Course Outcomes

People credited with this unit standard are capable of:

- Performing a risk assessment of the worksite where work is to be done at height
- Demonstrating knowledge of fall arrest rescue equipment and advanced fall arrest rescue
- Developing a fall protection plan and fall arrest plan
- Managing the safety of personnel working at heights

In order for the learner to be able to function in a rope access operation, they must be medically fit and in possession of a medical certificate that declares the learner free from a condition that may prevent them from working safely as specified as well as having knowledge of suspension trauma.

## Culminating Outcomes

- Performing risk assessments for any work being done at height
- Demonstrate knowledge of fall arrest rescue equipment and advanced fall arrest rescue techniques
- Manage safety of personnel working at heights

The successful learner will also know the following:

- Fall arrest equipment and limitations
- Fall factors and shock loading
- Content of fall protection plans and legislation governing work at height
- Knowledge of the mechanism for suspension trauma

## COURSE CONTENT

A day theoretical discussion on the dangers and control measures of working at heights, the use of scaffolds, harnesses, safety lines and attachment points. Thereafter there is a practical exercise whereby every candidate demonstrates their ability to conduct a risk assessment and develop a fall protection plan and to demonstrate their knowledge of the correct safety precautions to take.