



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



**WORKING AT
HEIGHTS**

SAIOSH



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



1 Day Course



Classroom



NQF 1 CPD Points 2

ABOUT THIS COURSE

This course is designed to equip learners with the knowledge and practical skills required to assess worksites where work is performed at height and to prepare effective fall protection plans. It focuses on identifying hazards, assessing risks, and applying suitable control measures to protect people working in elevated environments.

Learners will gain an understanding of fall protection and fall arrest systems, rescue equipment, anchor point safety, equipment inspection, and the legal requirements related to working at heights. The course also covers suspension trauma, medical fitness, and the responsibilities of those supervising personnel working at height.

By the end of the course, participants will be able to conduct risk assessments, develop fall protection plans, support legal compliance, and help ensure safer work practices for teams operating at height.



Target Audience

- Workers
- Employees
- Supervisors
- Managers
- Officers
- Responders
- Staff/Personnel
- Trainees

PRICE

CLASSROOM: R 1500

(Includes snacks and beverages – only
applicable to classroom bookings)

TOPICS COVERED

SMART ZONE

WORKSITE RISK ASSESSMENT

- Assess worksites where work will be performed at height.
- Identify hazards, evaluate risks, and determine appropriate control measures before work begins.

HAZARD IDENTIFICATION & ANALYSIS

- Identify fall hazards involving people, tools, equipment, materials, electricity, fumes, and weather conditions.
- Analyse the likelihood and severity of each hazard to determine its significance.

SAFE WORK PROCEDURES

- Develop safe work procedures for at least three identified hazards.
- Include monitoring and review plans to reduce or control risks on site.

FALL PROTECTION PLANNING

- Develop a fall protection plan based on legal and site-specific requirements.
- Include risk assessment, medical fitness, training, equipment inspection, maintenance, and legal compliance.

FALL ARREST EQUIPMENT

- Understand the use and requirements of fall arrest and fall prevention equipment.
- Covers harnesses, lanyards, lifelines, connectors, anchor points, helmets, and related protective equipment.

COVERED

RESCUE EQUIPMENT & TECHNIQUES

- Demonstrate knowledge of rescue equipment for lowering, hauling systems, and cableway rescues.
- Understand when each rescue technique should be used in different emergency situations.

ANCHOR LOADS, FALL FACTORS & SHOCK LOAD

- Explain fall factors, shock loading, and anchor loads in working-at-height environments.
- Calculate safe loading of anchor points according to manufacturer instructions.

EQUIPMENT INSPECTION & MAINTENANCE

- Implement procedures for inspection, testing, and maintenance of fall protection equipment.
- Ensure all hardware, harnesses, lanyards, slings, and connectors meet statutory requirements.

SAFETY OF PERSONNEL WORKING AT HEIGHTS

- Manage the safety of personnel performing tasks at height under supervision.
- Evaluate suitability based on health, medical fitness, and training requirements.

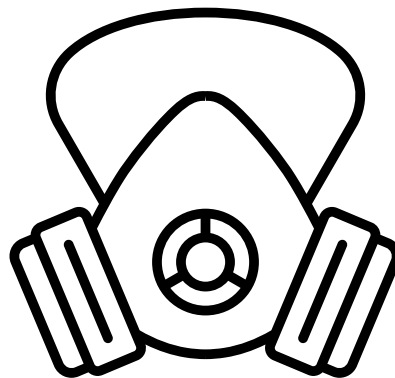
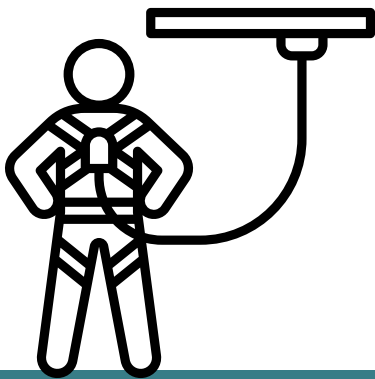
SUSPENSION TRAUMA & MEDICAL RISKS

- Understand the causes and dangers of suspension trauma and other fall-related injuries.
- Apply precautions and rescue response measures to reduce the risk of serious injury or death.

KEY FEATURES

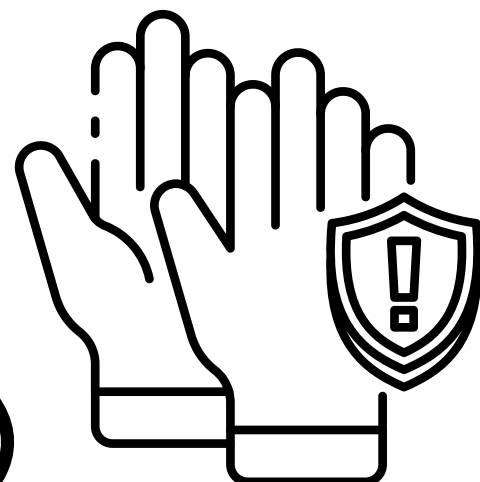
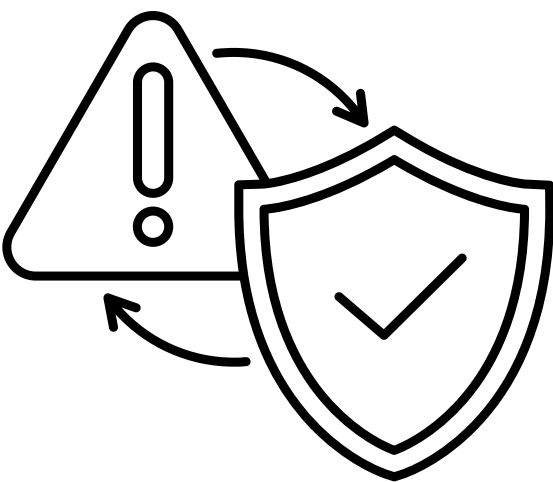
SMART ZONE

- Practical work-at-height risk assessment
- Fall protection and fall arrest planning
- Fall arrest equipment and rescue techniques
- Anchor loads, fall factors, and shock load awareness
- Equipment inspection and maintenance procedures
- Legal compliance with OHS requirements
- Suspension trauma and medical fitness awareness
- Safer supervision and team-based work practices



BENEFITS OF THIS COURSE

- Improves awareness of hazards and risks when working at height.
- Builds practical skills in worksite risk assessment and safe work planning.
- Strengthens knowledge of fall protection and fall arrest systems.
- Develops understanding of rescue equipment and emergency response techniques.
- Promotes safer use, inspection, and maintenance of height safety equipment.
- Increases awareness of suspension trauma and other fall-related risks.





SIGN UP NOW

SIGN UP NOW AND SECURE YOUR PLACE

1. Register Online- www.zoneups.com
2. Select the training you prefer and the date you would like to attend.
3. Fill in the registration form.
4. Choose your payment method and finalize the booking.

Request a Quotation

Accreditation



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And Health*



Services SETA



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