



## Course: BASIC FALL ARREST Level 1

Duration: 1 day

Fall accidents can cause serious injuries or even be the cause of a fatality. Therefore any person working at an elevated position, or where the risk of a fall accident exists in the situation where that work is being performed, must have a sound knowledge and understanding of basic fall arrest techniques and practices. This also applies to persons, using portable or fixed structures to gain access at height in the construction, mining or maintenance industries. This course gives a very basic understanding of how to work safely at height. This course target workers who will not have to be able to rescue themselves, as competent rescue-trained personnel will be available to perform such rescues.

SAQA U/S id: 229998 NQF Level 1

### Course Objectives

The aim of the course is for the delegate to be able to understand, explain and perform fall arrest techniques when working at heights or elevated positions.

### Course Outcomes

At the end of the course the following knowledge / topics would have been covered and mastered:

- Legislation regarding work at height
- How to inspect the fall arrest equipment
- How to fit the fall arrest equipment
- Anchor points and the limitations thereof
- Basic climbing techniques using fall arrest equipment
- Alternative systems and use
- Basic knowledge of vertical and horizontal lifelines
- Understanding self-rescue / Suspension trauma
- Understanding fall arrest factors
- Selecting safe anchoring points.
- Using a work restraint system.
- Securing a work positioning system.
- Movement using a shock absorbing lanyard.
- Movement using a retractable lanyard.
- Using temporary vertical and horizontal lifelines.
- Theoretical Assessment
- Practical Assessment

### Target Group

Any person required to work from any fall risk position and who are not in line management.

### Pre-Requisites

The learner must have ABET 3 communication and literacy skills. Furthermore must the learner participate completely in the training intervention with regards to theoretical, and practical aspects. Must be able to climb up and down scaffold towers.

### Language

This course is presented in the English language

### Learning Material

Delegates will receive the Basic Fall Arrest Level 1 course manual.

### Course Requirements

The learners must bring along a copy of the learner's ID and valid Medical certificate as stipulated by the SSETA code of conduct. Photos will be taken at venue for additional cards. Fall arrest equipment will be issued for the practical training session.

### Certification & Assignment

After successful completion of the course the learners will be issued with a proof of attendance. After the SSETA has issued a Statement of Results, a certificate of competence will be issued by the Institute for Work at Height

- Advantage ACT is a Department of Labour First Aid Training Institution: No. CI 413 for First Aid Level 1, 2 and 3.
- We are an Accredited Education and Training Provider with the HWSETA: 592PA05000117.
- Advantage A.C.T. makes use of registered facilitators, assessors and moderators when presenting courses.

- Advantage ACT supplies each delegate with morning tea/coffee, a LIGHT lunch and filtered water when training at our ACT venue. Should you have requirements beyond what we provide, kindly make sure you make provision accordingly.

