

**Course: FALL ARREST & BASIC RESCUE Level 2****Duration:** 3 days

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 is designed to provide employees in a managerial position (team leaders/supervisors), with sound knowledge to implement a Fall Protection Plan on a work site. They will also be able to use and perform a rescue from a fall arrest system.

**SAQA U/S Id: 229998 & 229995 NQF Level 2****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. The delegate will also be able to install, use and perform basic rescues from fall arrest systems and implement a fall protection plan.

**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
- Understanding the use of various fall arrest knots
- Understanding and implementing a FPP
- Understanding rescue gear and techniques
- Implement a rescue plan.
- 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.
- Basic Rescue Techniques
- Theoretical Assessment
- Practical Assessment

**Target Group**

Any person required to work from a fall risk position and who are in line management (supervisors).

**Pre-Requisites**

The learner must have NQF 1 communication and literacy skills. The learner's requirement is to participate completely in the training intervention with regards to theoretical, as well as the practical training. 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 Fall Arrest & Basic Rescue Level 2 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.

