

WORK SAFELY AT HEIGHTS

NATIONALLY RECOGNISED COMPETENCY
RIIOHS204A - Work Safely at Heights

OVERVIEW

This course offers a comprehensive introduction to Working Safely at Heights as defined by RIIOHS204A. Starting with a guide to Legislation, Regulations and the Standards governing working at height, the course takes participants through the selection and use of anchor points, harnesses and associated equipment, and the forces generated in falls.

Topics such as ground clearance, the pendulum effect and swing back are also covered. The use of different types of height safety equipment such as temporary ladders, EWPs and mancages is considered under the Hierarchy of Control section.

Students are instructed in the selection of fall protection equipment appropriate to the working environment, as well as the strengths and limitations of the equipment, and the relevant inspection and maintenance requirements. The practical content of the course covers choosing and correctly fitting a harness, putting up a temporary lifeline and a basic introduction to knots, and gives the participants a chance to try on and hang in a harness, as well as operate a rapid response kit.

SAFERIGHT is a Registered Training Organisation (Provider Number 5722) and offers a range of courses in industrial safety. For more information on courses, please call our Training Department on 1800 352 335 or email training@saferight.com.au.

KEY OUTCOMES

DEFINITIONS:

- Legislation, Regulations and Standards
- Selection and use of PPE and anchor points
- Ground Clearance and the Pendulum Effect
- Forces Generated in Falls
- Correct Fitting of Full Body Harnesses
- Hierarchy of Control

OTHER INFORMATION

DURATION: 1 Day (8.30am to 4.30pm)

LOCATIONS:

- Metropolitan and Remote Sites
- 33 Belmont Avenue, Belmont, Western Australia
- 42 Belmont Avenue, Belmont, Western Australia
- Lot 2 Stadium Road, Tom Price
- Unit 3, 605 Kingsford Smith Drive, Hamilton, QLD
- On-Site Customer Location

Note: If training is carried out on site, the client is responsible for travel and accommodation costs.

TRAINEE/INSTRUCTOR RATIO: Minimum 5:1 — Maximum 10:1

CLOTHING: Wear normal work clothing and safety boots. Please remove all jewellery prior to course.



NATIONALLY RECOGNISED
TRAINING



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