

Training Information

Subject	Date Issued	Revision
Basic Safe Working @ Height Course Content	6th Nov 2017	Rev 1

BASIC SAFE WORKING AT HEIGHT TRAINING

COURSE CONTENTS REQUIRED FOR WAHA ENDORSEMENT

ELEMENTS AND PERFORMANCE CRITERIA

1. BASIC SAFE WORKING AT HEIGHT - THEORY

1. Legislation	1.1 Identify relevant legislation, standards and codes of practice applicable to height safety and fall protection.
2. Risk Assessment	2.1 Describe the hazards associated with falling. 2.2 Principles of hazard identification and the risk assessment matrix. 2.3 Principles and operation of the Hierarchy of Control 2.4 Risks associated with falling objects
3. Introduction to height safety equipment	3.1 Anchorage – strength and ratings, slings and angles 3.2 Full body harness - selection / inspection / correct fitting 3.3 Connectors - karabiners / millions / snap hooks / scaffold hooks 3.4 Restraint Lines - safe use / limitations (including incorrect adjustment) / angles / anchor strengths / using a shock absorber 3.5 Lanyards - Single / twin / adjustable - include shock absorber and forces on the body 3.6 Self Retracting Lifelines (SRL's) - safe use and inspection 3.7 User / Operator - criteria for inspection of equipment
4. Fall Clearances	4.1 Discuss fall clearance from Australian Standards - lanyards and SRL's 4.2 Dealing with adequate fall clearances 4.3 Forces in falls 4.4 Pendulum effect 4.5 Obstructions
5. Importance of Rescue Planning	5.1 Legislative requirements for rescue 5.2 Suspension intolerance 5.3 The requirement for peer rescue

2. BASIC SAFE WORKING AT HEIGHT - PRACTICAL EXERCISES

1. Develop a Safe Work Method Statement (SWMS)	1.1 A SWMS to be completed with students which requires sign off before practical activities. 1.2 Ensure that all student understands risk identification and control measures.
2. Equipment Inspection	2.1 Trainers to lay out all training equipment to be used for practical activities and conduct a practical inspection of the equipment with the students
3. Fit full body harness and buddy check	3.1 Demonstrate and have students correctly fit a full body harness. 3.2 Each student to buddy check another student. 3.3 Trainer to inspect and check each student for correct fitting of the harness and adjust if required.
4. Suspension of students	4.1 Suspend students of their dorsal and front D respectively.
5. Rigging of slings and Tie Off Adaptors	5.1 Each student to be shown and then to be capable of correct rigging of tie off adaptors in a basket and a choke configuration
6. Restraint Technique	6.1 Set up a restraint line with an integral shock absorber. 6.2 Egress to an edge with correct adjustment 6.3 Progress back to the anchorage taking out slack.
7. Rig a lanyard	7.1 Set up an anchorage strap and lanyard and attach to a fall arrest connection point on the safety harness with the energy absorber in line with the manufacturers instructions.
8. Twin lanyard mobility and work positioning techniques	8.1 Demonstrate vertical and horizontal mobility ensuring not having legs below shoulder height (correct use of the second leg when one leg is in use). 8.2 Demonstrate the use of a pole strap and karabiner for work positioning.
9. Rig a Self Retracting Lifeline (SRL)	9.1 Set up an anchorage strap and an SRL and connect to a fall arrest point on a the safety harness (keep overhead and within 30 degrees from centre unless otherwise specified by the manufacturer
10. Demonstrate a basic high anchorage rescue using a pre-engineered rescue kit.	10.1 Students to perform or demonstrate the use of a pre rigged rescue kit where the practical area or location permits
11 Inspect Equipment and pack up	11.1 Conduct a post use inspection of equipment.



3. BASIC SAFE WORKING AT HEIGHT - PRACTICAL ACTIVITIES

1. Tower Workers	1.1 Anchorages 1.2 Vertical Lifeline - Set up and Use 1.3 Twin lanyard mobility and work positioning techniques
2. Roof Workers	2.1 Anchorage set up 2.2 Restraint technique 2.3 Safety knots 2.4 Diversions
3. On Shore Drilling	3.1 SRL Use 3.2 Twin lanyard mobility 3.3 Work positioning techniques
4. Construction	4.1 Anchorages 4.2 Restraint technique 4.3 Single and twin lanyards 4.4 SRL Use
5. Workshop Maintenance	5.1 Anchorages 5.2 Restraint technique 5.3 Adjustable lanyards 5.4 SRL Use

NOTES:-

Training on Elements 1 and 2 - Theory and Practical Exercises for the Basic Safe Working at Height Course - including student examination - should take a minimum of 8 hours.

The ratio of students to trainers should be no greater than 12 to 1

Recertification of Safe Working at Height Training should be undertaken every 2 years.