



**SAFETY<sup>TM</sup>  
ACTION**



# Height Safety

Understand the legal requirements,  
systems and procedures to conduct  
work safely at height





# Height Safety

## Understand the legal requirements, systems and procedures to conduct work safely at height.

This course will guide you through the selection and use of different types of fall arrest equipment. It involves a number of practical scenarios including fall arrest, work positioning, restraint systems and developing a rescue plan. We also cover hazards associated with scaffolds, mobile elevated work platforms, ladders, guardrails, walkways, ramps and stairways.

### HEIGHT SAFETY

<b>Unit 17600</b>	Explain safe work practices for working at heights
<b>Unit 23229</b>	Use safety harness system when working at height
<b>Unit 25045</b>	Employ height safety equipment in the workplace
<b>Attendance Prerequisites</b>	<ul style="list-style-type: none"> <li>• Hazard and Risk Management is recommended</li> <li>• Permit Receiver and Issue is recommended</li> <li>• Mobile Elevated Work Platforms is recommended</li> </ul>
<b>Reassessment</b>	Refresher courses available.
<b>Course Duration</b>	One Day (8 hours)
<b>Availability</b>	<ul style="list-style-type: none"> <li>✓ Nationwide at one of our training centres</li> <li>✓ At your own site or workplace</li> </ul>

## Key Learning Outcomes:

- ✓ Explain the legislative requirements and systems used for working at heights
- ✓ Demonstrate knowledge of hazards associated with wearing a safety harness and associated equipment
- ✓ Demonstrate knowledge of safety harnesses and associated systems and equipment
- ✓ Check and fit a safety harness system
- ✓ Use a safety harness system where a fall hazard exists at height
- ✓ Demonstrate knowledge of the rescue plan to be activated in the event of a fall
- ✓ Identify the common types of height safety equipment used in the workplace
- ✓ Identify suitable height work equipment and suitable anchor points for fall and arrest systems
- ✓ Use height safety equipment and plan rescue techniques and emergency procedures for working at height