



## **FALL ARREST AND FALL PROTECTION**

**DESCRIPTION:** Explain And Perform Fall Arrest Techniques When Working At Height

**FOR WHO:** Tower climbers, general construction workers (scaffolding), persons working on elevated platforms and machinery. Where a fall protection plan is in place and recues can be performed efficiently by other personnel.

**CANDIDATES:** Minimum: 8 Candidates/ Maximum: 10 Candidates

**DURATION:** 2 Days

**VALIDITY OF CERTIFICATE:** 3 Years

### **COURSE CONTENT:**

- i. Assembling, fitting and inspection of personal fall arrest equipment (harness, lanyards and connectors)*
- ii. Relevant legislation*
- iii. Fall arrest*
- iv. Work positioning*
- v. Shock loading*
  
- vi. Safe use of fall arrest systems and lifelines*
- vii. Basic knowledge of suspension trauma*
- viii. Use of double shock absorbing lanyard*

### **REGISTRATION REQUIREMENTS:**

- i. 1 x Certified copy of I.D Document*  
Copy of Medical Certificate stating fitness for Work at Height (Valid for at least 3 months from training date)
  
- ii. Copy of Medical Certificate stating fitness for Work at Height (Valid for at least 3 months from training date)*