

Saferight Training Courses

Work Safely at Heights

NATIONALLY RECOGNISED COMPETENCIES
RIIOHS204A - Work Safely at Heights

Overview

This course offers a comprehensive introduction to working safely at heights as defined in 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, EWP's and man cages 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 Co-ordinator on 1800 352 335 or email training@saferight.com.au.

Key Outcomes

Key areas covered include:

- 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

gain an understanding of the procedures and responsibilities of working safely at heights

Other Information

Duration: 1 Day (8.30 to 4.30pm)

Location: Metropolitan and Remote Sites

- 33 Belmont Avenue, Belmont, Western Australia
- 42 Belmont Avenue, Belmont, Western Australia
- Unit 3, 605 Kingsford Smith Drive, Hamilton, QLD
- On-site Customer Location

Trainee/Instructor Ratio: Min 4:1 — Max 10:1

Clothing: Wear normal work clothing and safety boots.

Please bring own gloves and hard hat.

Please remove all jewellery prior to course.

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



SAFERIGHT
manufacturers of
Fallright Height Safety Equipment

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