

COURSE INFO: Working at Height

National unit of competency: **RIIOHS204A**

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- [] Maximum trainees: 8
- [] PPE: BYO or supplied by your employer (special arrangements must be made if you don't have access to your own PPE)
- [] Duration: 1 full day (time frame based on a maximum of 8 trainees with a 07:00am start)
- [] Cost: Contact PACI for up-to-date pricing details
- [] Location of training: On-site at your workplace (please contact us if it is not possible to deliver the training at your workplace)

Note: It is important that training is delivered in the context of your particular occupation/work. Off site delivery at a simulated workplace is possible but, will never be as effective or as relevant as training at your workplace within the proper context.

- [] Course structure:
 - Theory content = 25% of course
 - Practical skills development = 75% of course

Practical skills content:

- fitting and adjusting PPE
- selection and use of anchorage points in the workplace
- appropriate use of PPE to prevent falls from a boom type EWP
- travel restraint systems
- portable ladders (where relevant to the worker and the workplace)
- positioning systems (where relevant to the worker and the workplace)
- fall arrest systems
- fallen worker retrieval (using a pre-rigged retrieval system)

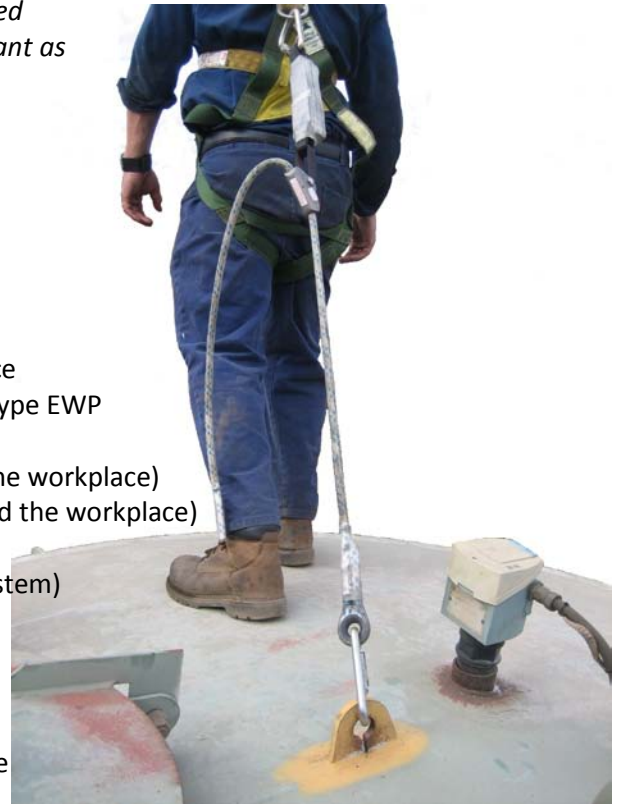
- [] General course comments:

Knots:

The learning and use of hand tied knots is generally avoided unless the trainee (and employer) can provide practical reasons why they should be taught as part of the curriculum. The recommended procedure is to use permanently formed connective end terminations where-ever possible since this reduces the risk of human error. Be that as it may, we are happy to teach trainees how to tie selected knots if that is an employer stipulation.

PPE:

Employers normally provide their employees with basic PPE items such as a harness and lanyard. We don't know of any industrial workplace which has a BYO policy. PPE is normally strictly controlled by the employer. The type and sophistication of fall protection systems that can be setup is directly related to the type of PPE available. For this reason, we prefer to teach systems that work with *your* normal PPE. Some trainers like to teach systems that employ their own exotic PPE and connective systems – but unless trainees have access to similar types of equipment back at their workplace, they won't be able to apply their skills!



Examples of practical training exercises in the workplace:



Travel restraint exercises



Fall prevention from EWPs



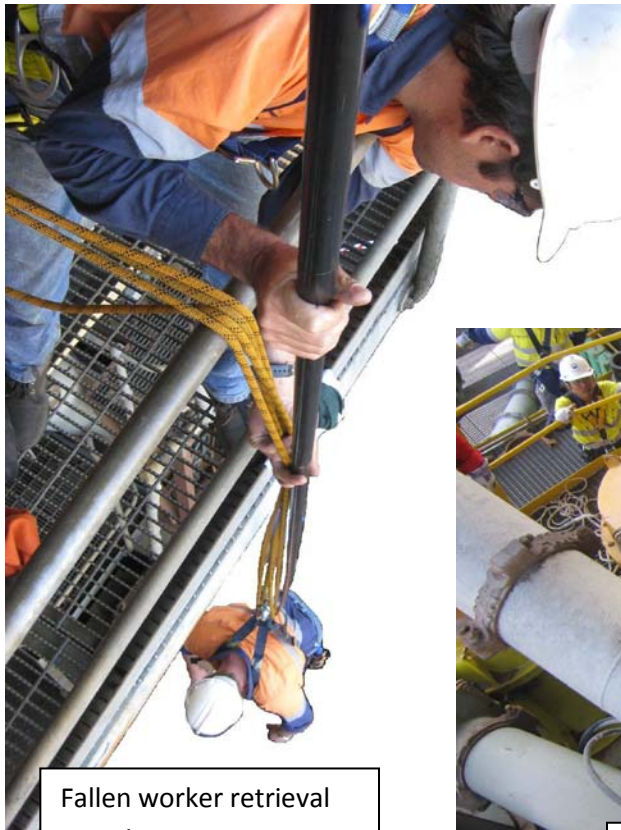
PPE – fitting and checking



Positioning exercises



Ladders are only used at sites where permitted.



Fallen worker retrieval exercises



Fall-arrest exercises (generally avoided unless no other practicable solution exists)