

Working @ Height Training Material Content

Unit Standard 120362 "Monitor, report, and make recommendations pertaining to specified requirements in terms of working at heights"

Legal Requirements ★ Occupational Health and Safety Act ★

General Duties of Employers to their Employees ★ Proof of Certain Facts ★ Construction Regulations 2014 ★

Working @ Heights ★ Introduction to Working @ Heights ★ Fall Protection System - Elements ★ Fall Prevention, Protection & Arrest ★ Institute for Working @ Height ★ Definitions and Terminology ★ Judgment - Personal & Management ★

Consequences of Non-Compliance ★ Workplaces - Examples ★

Working @ Heights Team ★ Competent Person ★ Planner ★ Fall Protection Planner - Activities ★ Supervisor - Rope Access ★ Legal Requirement - Appointments ★ Legal Requirements - Rope Access Work ★ Duties of a "Fall Protection System" Supervisors ★ Operator / W@H Worker ★ Duties of Employees at Work ★ Duty not to interfere with, damage or misuse things ★ The W@H Worker - Medical Certificate ★

Hazard Identification and Risk Assessment ★ Hazard Identification and Risk Assessment ★ Introduction to HIRA ★ Risk Assessment - Legal Requirement ★ Hazard Identification ★ Hazard Identification - Other Hazards ★ Risk Assessments - Control Measures ★ Hierarchy of Control - Mitigating Hazards ★ **Fall Protection** ★ Fall Protection - PLAN ★ Fall Protection Plan - Introduction ★ Fall Protection - Definitions ★ Fall Protection - System ★ Work Positioning System Alternatively Fall Protection System ★ Fall Protection System - Introduction ★ Physical Protection / Safeguards ★ Physical Protection Measures ★ Edge Protection ★ Safeguarding Openings - Covers / Barricades ★

Fall Protection - Access ★ Definition of Machinery ★ Access Mechanisms, Structures and Equipment ★

Fall Protection - Ladders and Stepladders ★ Ladders and Stepladders - Categories ★ Legal Requirements ★ Ladders and Stepladders - Introduction ★ Components ★ Safe Use ★ Tools and Material ★ Limitations ★ Inspections ★

Fall Protection - Roof ladders and Crawl Boards ★ Legal Requirements ★ Working on a Fragile Surface ★ Fixed Roof

Ladders and Crawl Boards ★

Fall Protection - Scaffolds and Platforms ★ Scaffolding ★ Written Appointments ★ Design ★ Design ★ Erection, Use and Dismantling ★ Inspection and Supervision ★ Framework ★ Scaffold Platforms ★ Trestle scaffolds ★ Trestle Scaffolds - Introduction ★

Suspended Platforms ★ Definitions - Platforms vs Scaffold ★ Suspended Platforms - Introduction ★ Suspended Platforms - Written Appointments ★ Suspended Access Platforms - Supervisor ★ Suspended Platforms - Appointment - Supervisor ★ Suspended Platforms - Certificate of System Design ★ Suspended Platforms - Operational Compliance Plan ★ Suspended Platforms - Certificate of System Design ★ Suspended Scaffolds - Outriggers [GSR] ★ Suspended Platforms - Outriggers ★ Suspended Platforms - Lifting or Lowering ★ Suspended Access Platforms - Signage ★ Suspended Platforms - Inspection and Tests ★ Suspended Platforms - Appointment - Inspector ★ Suspended Platform - Daily Inspections ★ Suspended Platform - Records ★ Suspended Platform - Operators ★ Suspended Platforms - Moving ★ Suspended Platforms - Securing ★ Suspended Platform - Single-Point Adjustable ★ Suspended Platform - Two-Point or Swing Stage ★ Suspended Platforms - Boatswain's Chair (Bosun's) ★ Temporary Work Platforms (TWPs) - Introduction ★ Safety Nets - Fall Containment System ★ Mobile Scaffolds ★

Fall Protection - Mechanical Equipment ★ Mechanical Access Equipment - Introduction ★ MEWPs - Types ★ MEWPs - Safety Considerations ★ Forklift Work Platforms - Man-Cage or Work Platform ★ Crane Lift Platforms ★ **Reporting of Incidents** ★ Report to Inspector Regarding Certain Incidents at Work ★ **Conclusion** ★ Addendum 1 - Terminology and Definitions ★ Addendum 2 - Annexure 1 - Recording & Investigation of Incidents ★ Addendum 3 - Medical Certificate of Fitness ★



South African Institute of Occupational Safety and Health
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