



## Work Safely at Heights

The hazards of working at heights in the construction and mining industry are often underestimated. Falls from below 7 metres account for a large percentage of Work Cover claims.

The potential for serious injury or death from this extremely hazardous activity cannot be overstated. The suspension resulting from a fall from height via a harness is as life threatening as the fall itself.

A plan for prompt retrieval of personnel in the event of a fall being arrested is paramount due to the onset of suspension trauma.

Depending on the susceptibility of the individual, this may lead to loss of consciousness, renal failure and eventually death.

This program will enable students to not only understand and instigate safe working at heights procedures, but also to participate in a rescue from heights and perform a self-rescue.

Sharp Training is one of a selected few training organisations in Australia that offer this added rescue training as standard to their Safe Work at Heights program.

Topics covered in this program are:

- Identify work requirements
- Prepare for work
- Access and install equipment
- Perform work at heights
- Equipment inspections
- Perform Rescue
- Risk Assessment
- Recognise anchor points

This nationally recognised training program provides participants with the unit of competency required to achieve a Statement of Attainment which forms part of RII20209 Certificate II in Surface Extraction Operations

### **Competency Unit:**

RIIOHS204A Work safely at heights

### **Optional Extra (No charge)**

BMA Standard Operating Procedure QC-PST 306-00 Working at Heights

## **Work Safely at Heights**

### **Days**

1

### **Prerequisites**

Nil.

### **What to bring**

Must wear closed-in footwear & appropriate attire for practical simulations