



MBA Training

Working at Heights

Broad Course Outline:

1 – Introduction to Fall Arrest:

- What fall protection entails
- What fall arrest entails
- Possible tasks when working at heights
- Examples of fall protection and fall arrest equipment

2 - Fall Protection Legislation:

- Employers responsibility
- Employees responsibility
- Identify the relevant legislation applicable to fall protection

3 – Fall arrest equipment

- Identify the different fall protection and fall arrest equipment
- Discuss the limitations of fall protection and fall arrest equipment
- Demonstrate how to inspect fall protection and fall arrest equipment.

4 – Anchor points

- Explain what an anchor point is and the purpose of it
- Discuss different types of anchor points
- Identify different anchor points
- Discuss what aspects to consider when selecting an anchor point

5 - Using Fall Arrest Equipment

- Explain the need for a fall arrest risk plan
- Explain what aspects need to be considered when developing a risk plan
- Demonstrate the use of all the relevant fall protection and fall arrest equipment
- Explain what their company procedure is related to the rescue of a fallen employee

6 – Housekeeping

- Explain housekeeping
- Discuss advantages and disadvantages
- Explain how to clean and store the different fall arrest equipment

Each delegate will receive a custom designed training manual to facilitate the training process – filled with drawings, diagrams, etc.

Contact:

Maryke Nel | Training Administrator

041 365 4513 | training@ecmba.org.za

