

## SAFE USE OF SAFETY BELTS AND HARNESSES (WORKING AT HEIGHTS)

<b>Introduction:</b> To ensure employees have the necessary knowledge to apply fall arrest – working at heights		<b>Minimum of 6 Learners, Maximum of 12 Learners per course</b>	
<b>Target group:</b>  Everybody working at height	<b>Certification:</b>  ▪ Practical assessments		<b>Duration:</b>  1 Day
<b>Minimum entry level requirements:</b>  Write and Read	<b>We recommend a re-certification, every 2 years, which will serve as refresher training.</b>		2 Credits
	<b>SAQA unit standard ID number – 229998 (Level 1)</b>		
<b>Course Outline:</b>  <b>Need for the Course</b> <ul style="list-style-type: none"> <li>▪ The Employer</li> <li>▪ Occupational Health and Safety Act</li> </ul> <b>Types of safety Harnesses</b> <ul style="list-style-type: none"> <li>▪ Industrial Restraint Belt</li> <li>▪ Full Body Harness</li> </ul> <b>Harness Components</b> <ul style="list-style-type: none"> <li>▪ Industrial Restraint Belt</li> <li>▪ Full Body Harness</li> </ul> <b>Hazard Identification</b> <ul style="list-style-type: none"> <li>▪ Slipping</li> <li>▪ Falling</li> <li>▪ Electrocutation</li> <li>▪ Rain / Misty &amp; Overcast Conditions</li> <li>▪ Windy Conditions</li> <li>▪ Falling Objects</li> </ul> <b>Types of Access</b> <ul style="list-style-type: none"> <li>▪ Enclosed Access</li> <li>▪ Open Access Ladders</li> <li>▪ Access Ladders</li> <li>▪ Structures with no Access Ladders</li> </ul>		<b>Full Body Harness</b> <ul style="list-style-type: none"> <li>▪ Inspection of the Harness</li> <li>▪ Inspection and Removal Criteria</li> <li>▪ Harness Inspection Checklist</li> </ul> <b>Attaching lanyards to the harness and anchorage point minimum free space climbing access ladders reporting of incidents in the event of an accident</b>	