

UNIT STANDARD ID: 229998

**EXPLAIN AND PERFORM FALL ARREST TECHNIQUES
WHEN WORKING AT HEIGHTS**



BASIC FALL ARREST TECHNICIAN



GROUP 583
CONSULTING



Basic Fall Arrest Technician

UNIT STANDARD ID: 229998 - NQF LEVEL 1 - CREDITS 2

Explain and perform fall arrest techniques when working at heights

Is this programme suitable for my needs ?

Yes, if you are working in a Fall Risk environment, and you need a basic understanding of how to work safely at height. This programme is for candidates at an entry level and should still be supervised at all times. It is also suitable for unskilled workers who have special needs in terms of learning, for instance writing and language barriers.

Duration

1 day of training and assessment

Minimum of Candidates

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 learners, please contact us for training dates.

Benefits of this training programme

After successful assessment has been completed candidates will be able to:

- Use and explain the limitations of a limited range of fall arrest equipment
- Inspect and assemble fall arrest equipment
- Select suitable anchor points
- Use a double leg lanyard
- Use pre-installed vertical and horizontal lifelines

Entry Requirements

- Medical certificate
- Certified Copy of ID