

# HEIGHT SAFETY TRAINING COURSE CATALOGUE



**TRAINING, CONSULTANCY & RESOURCING**

[www.viscarcapacity.com](http://www.viscarcapacity.com)

# Fall Arrest Level 2 Certification Training

**Duration:** 3 days

**Cost:** 50,000.00 excl VAT

**Venue:** Viscar Training Centre (Nairobi)

## Certification Overview

The certification will equip trainees with the skills to identify work at height hazards and to work safely at height. It also covers all aspects of recognizing fall hazards, fall hazard elimination and control methods, fall protection regulations, inspection of equipment components and systems before use. Practical demonstrations by trainer on how to inspect, anchor, assemble and use fall protection equipment's.

## Course Outline

### Theory

1. Introduction to Work at Height
2. Work at Height Categories
3. Fall Factor
4. Harness Suspension Trauma
5. Risk Assessment
6. Hazards and Height
7. Selection of Control Measures
8. Selection of Available Fall Protection Equipment
9. Inspection and Maintenance Programme for Fall Protection Equipment
10. Common Mistakes / Abuse of Fall Protection Equipment
11. What Happens in A Fall?
12. Rescue Provisions After a Fall
13. User Inspection, Care and Maintenance
14. The Need for Fall Protection
15. Legislation Requirements Related to Work at Height
16. Work at Height Definitions and Control Measures
17. Safe Use of Access Methods, including Scaffolds and MEWPs
18. Ladder Safety (optional)
19. Be Aware: Fall Protection Systems are NOT Fool proof!
20. Suspension Trauma: Definitions and Treatment
21. Emergency Considerations and Rescue
22. Pre-use Inspection Procedures, Correct and Incorrect Usage of PPE
23. Equipment Care and Storage
24. Hands-on Practical Pre-use Inspection



### Practical

1. Harness Fitting
2. Touch-check, Self-check, Buddy-check and F.O.S
3. System of checking for correct harness fitting
4. Suspension Exercise



5. Instructor Demonstration of the use of a harness suspension self-recovery device
6. Rigging of horizontal and vertical temporary lifelines
7. Safe Climbing with Twin Lanyards, Vertical Lifelines and Fall Arrest Blocks
8. Working on Inclined Surfaces and near Falling Edges with Horizontal Lifelines

### Benefits

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

- Use a range of items of fall arrest equipment
- Tie 4 basic rope knots
- Install and use temporary fall arrest systems
- Inspect and assemble fall arrest equipment and systems
- Interpret and implement the fall protection plan
- Perform basic fall arrest rescues
- Briefly explain suspension trauma

### Accreditation

- IWH (Institute for Working at Heights)
- SERVICES Seta for Unit Standard based skills training

**Certificate valid for: 3 Years**

### Who should attend?

The Fall Arrest Technician course Level 2 is aimed at small working teams (such as the telecoms industry, construction workers, the power distribution industry and technical rigging industry) that need to use a combination of fall arrest systems, install their own temporary systems and perform their own rescues if required.



### Training Requirements

1. Each participant must have a standard fall arrest kit
2. Certified copy of ID Document/Passport for each participant.
3. Copy of medical certificate stating fitness for work at height (valid for at least 3 months from training date) for each participant.
4. Each participant MUST be proficient in English both reading and writing
5. Safety boots and suitable attire for site practicals

### Payment Terms and Conditions:

- 1) Fee quoted is charged per individual.
- 2) 100% payment expected with PO for the training to commence.
- 3) Viscar is to provide a venue for the training, for both theory and practical sessions, as well as providing the meals and refreshments for the entire duration of the training for the trainees.
- 4) Fee quoted includes professional training, student manuals and certificates.

# Supply of Fall Arrest Equipment (Fall Arrest Kit)

In addition to training, Viscar in collaboration with EHS supplies kits issued with a unique serial number which makes traceability easy as well control over care and inspection. All the components in the kit conforms to the international standards(EN); it is however advisable to get the correct training before the kit is used for work at height which could result in fatal injury if not done properly.

Each kit will include:

- a double shock absorbing adjustable lanyard
- helmet
- adjustable work belt
- 2 x endless round slings
- hard hat with chin strap
- oval maillon
- protective carry bag
- fall arrest full body harness



## Our Clients



## Contact Information

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