



## WORKING AT HEIGHT TRAINING

Legislation requires that all workers must be protected against falling from height. A hierarchical approach to risk mitigation is mandated and in broad terms is designed to prevent any fall, or, where due to the nature of the work this is not possible, arresting the fall before a worker can be injured.

It is informative to note that nationally during the period 1994 to 2004 (10 years), 64% of all work related falls resulting in death occurred when the workers feet were positioned 2.3 metres or more above the normal pathway or walking surface.

From this it might be noted that height is an important factor in any working at height risk assessment. Where there is any fall hazard there must be a review or risk assessment.

### Learning Outcomes:

On completion of this program participants will be able to:

- Understand and explain the legal & industry requirements applicable to all work undertaken at heights.
- Apply the risk assessment approach to work undertaken at heights.
- Comprehend and discuss *fall dynamics*.
- Consider the application of the hierarchy of risk control for work at heights.
- Undertake emergency & rescue procedures as required.



**Duration:** 1 Day

**Target Audience:** Supervisors, Workers, Health & Safety Representatives and others involved with work at height.

### Mode of Delivery:

Formal Presentations, Case Studies, Problem Solving, Small Group Discussions, Practical Demonstrations and Handouts.

### Content:

OHS legislation (including Compliance Codes)  
Australian Standards  
Risk Management  
Safe Work Method Statements (SWMS)  
Applying fall protection principles  
Limitations & Pitfalls (I.e. pendulum affect etc).  
Selection, care and use of equipment  
Emergency Planning & Rescue Procedures

### Delivered by:

Qualified instructors with high level occupational health & safety and regulatory experience.

**Prerequisites:** None