

RIIWH5204D – Work Safely at Heights

Course Overview

Work at heights training is focused on fall prevention rather than fall arrest. It is designed to equip workers with the knowledge and skills to safely work in any height situation, primarily being aimed at general construction, maintenance, mining, large factories or other work situations where work is conducted in a place where a fall from one level to another is possible.

Duration

1 Day (10 hrs)

Target

All workers who conduct or supervise tasks whilst at heights will find this course beneficial to workplace safety. This course will enable you to comply with current WHS legislation.

Entry Requirements

- As this course contains safety critical information, participants must have the ability to read, write and understand English.
- Participants must wear steel cap boots, a hard hat, safety glasses, long pants and high visibility shirt/vest. You will also need wet weather gear if required.

Learning Outcomes

- Knowledge of regulations, legislation and Australian standards
- Risk assessment and hazard elimination
- Anchor systems, selecting solid and reliable anchorage
- Knowledge of all restraint systems, selection of equipment and correct use
- Knowledge of work positioning systems, selection of equipment and correct use
- Knowledge of fall arrest systems
- Correct use of energy absorbing lanyards
- Correct use of ladders and ladder safety training

Assessment

Assessment will consist of written assessment and practical demonstration

On Completion

Participants will be issued with a nationally accredited Statement of RIIWH5204D – Work Safely at Heights

