

# RIIWHS204D

## Work safely at heights



### Course Overview

This course trains learners in a practical way to locate, interpret and apply the relevant information relating to work at height, and select, inspect, don and safely and effectively use appropriate height access and fall protection equipment for work at height.

Learners will be trained to apply appropriate safe work methods for work at height in relevant contexts.

### Duration

Experienced operators can complete this course in one-day.

Less experienced operators will need to attend a two-day course.

## Prerequisites

Learners must be 18 years of age or older.

Learners must have knowledge and understanding of the workplace procedures and relevant WHS legislation for work at heights.

Learners are required to be able to read and correctly interpret date stamps on their webbing labels and other PPE, relevant signage, and any documentation required by the workplace.

They will need the writing and/or oral skills to report on fall arrest equipment use and/or maintenance requirements.

This course has workplace or simulated workplace elements.

## Course Description

This course trains learners the basic knowledge, skills and attitudes to work safely at height, above 1.5 metres from ground level and where fall protection measures are required.

## Performance Criteria

| Element                                      | Performance Criteria  |
|--|---|
| 1. Identify work requirements                | 1.1 Access, interpret and apply height safety procedures and ensure the work activity is compliant<br>1.2 Inspect site to determine layout and physical condition, condition of structures, prevailing weather conditions, equipment requirements and potential hazards<br>1.3 Adhere to WHS requirements<br>1.4 Identify, select and check safety equipment for serviceability<br>1.5 Identify, manage and report potential risks and hazards            |
| 2. Identify work procedures and instructions | 2.1 Consult with authorised personnel to select materials, tools and equipment and check for serviceability<br>2.2 Select, wear and care for personal protective equipment<br>2.3 Inspect/install fall protection and perimeter protection equipment<br>2.4 Identify approved methods of moving tools and equipment to work area and minimise potential hazards associated with tools at heights<br>2.5 Ensure safety system has been installed correctly |

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|---------------------------------|-----|---|
|                                 | 2.6 | Select and install appropriate signs and barricades   |
| 3. Access and install equipment | 3.1 | Consult with authorised personnel to ensure anchor fall protection and associated equipment is correctly fitted and adjusted            |
|                                 | 3.2 | Ensure all required equipment is installed  |
|                                 | 3.3 | Use recommended methods to access work area for people, tools and equipment   |
|                                 | 3.4 | Locate tools and materials to eliminate or minimise the risk of items being knocked down  |
| 4. Perform work at heights      | 4.1 | Check access from ground to work area and ensure it is safe   |
|                                 | 4.2 | Keep fall equipment in place and adjusted appropriately for movement during work  |
|                                 | 4.3 | Undertake manual handling of materials and equipment  |
|                                 | 4.4 | Locate materials and equipment ensuring that they are safely secured and distributed  |
|                                 | 4.5 | Check safety system periodically for compliance   |
|                                 | 4.6 | Monitor risk control measures to ensure that they are effective and appropriate   |
|                                 | 4.7 | Reassess risk control measures, as required, in accordance with changed work practices and/or site conditions and undertake alterations |
| 5. Clean up work area           | 5.1 | Consult with authorised personnel to ensure safety system is dismantled and removed   |
|                                 | 5.2 | Clear work area and dispose of or recycle materials   |
|                                 | 5.3 | Clean, check, maintain and store tools and equipment  |

As with all Vertical Horizonz courses the training applies transferable knowledge, skills and attitudes in hazard identification, risk management and safety leadership, designed to reduce overall injury and loss rate.

### Application of Unit

Application is practical in context of work undertaken at height on construction, infrastructure and industrial work sites, for the purpose of construction, renovation or refurbishment, and maintenance.

### Making the Course Relevant

Vertical Horizonz Australia (VHA) prides itself on its ability to adapt its course delivery to maximise value for client organisations. We can incorporate your policy, systems and processes, documentation, plant and equipment and tasks into the delivery and assessment against the Unit of Competency requirements.





VHA encourage clients and learners to contact them, discuss these options and provide relevant information ahead of the course delivery to discuss this.

### **Assessment of Competency**

Assessment of competency is through a short written assessment, participation in practical activities and a demonstration of practical competence.

Additional evidence of competency may be collected from the workplace as required.

### **Literacy and Numeracy**

All trainees will be required to undertake a basic literacy and numeracy test as part of the course enrolment.

### **Special Learning Requirements**

We ask that trainees who have learning challenges to inform us ahead of enrolment so we can assist and accommodate for these wherever possible.

### **Course Costings**

\$350 per person for a one-day course

\$550 per person for a two-day course

The costs of trainer travel and accommodation, and/or for the hire of compliant facilities or equipment if required, may be in addition to the course costs above.

We are happy to provide formal proposals and quotations for day rates for the delivery of this course on your site.

### **Minimum and Maximum Numbers**

This course requires a minimum of 6 and restricted to a maximum of 10 trainees per trainer.

### **Open Course Location**

Unless otherwise stated open courses will be run at Vertical Horizonz Australia's Training Centre located at:

Unit 3, No: 94 Delta St, Geebung, Brisbane, QLD 4034

### **Requirements**

The course requires training and assessment to be conducted in compliant facilities using compliant PPE. VHA will provide appropriate facilities and/or PPE for training at cost if required.

Learners must bring proof of identity.

Learners must have and wear the appropriate PPE:

- Safety shoes or boots.
- long sleeve shirt and long pants.

- safety hardhat (when required).
- compliant harness and fall arrest equipment.

It is recommended learners bring:

- a broad brimmed sun hat and water bottle.

### **Duration and Start - Finish Times**

Normal training delivery takes approximately 8-hours.

This is usually from 0800 to 16.30 hours (8.00 am to 4.30 pm). These times can be modified to fit with the scheduled work times of your workplace.

Note that times may vary depending on trainee's travel arrangements, abilities and the need to cover the required course material.