# EXPLAIN AND PERFORM FALL ARREST TECHNIQUES WHEN WORKING AT HEIGHTS

Unit Standard 229998 NQF Level 1 Credits 2

# INTRODUCTION

Structure

Programme Methodology

What Learning Material You Should Have

Different Types Of Activities You Can Expect

Learner Administration

Assessments

Learner Support

Learner Expectations

#### **UNIT STANDARD 229998**

# SECTION 1: FALL ARREST EQUIPMENT AND REGULATIONS

Full Body Harness And Work Positioning System Harness Introduction Fall Arrest Equipment Connectors Lanyards Other equipment Fall Arrest Terms And Definitions Fall Arrest Equipment And Full Arrest Connectors Specifications of fall protection harnesses: Karabiner Connectors Energy absorbing lanyard The risks of using a non-energy absorbing lanyard Purpose Of The Fall Arrest Plan Fall Protection Plan Formative Assessment

### SECTION 2: INSPECT, ASSEMBLE AND STORE FALL ARREST EQUIPMENT

Inspect Personal Fall Arrest Equipment

Inspections

**Fall Protection** 

**Equipment Inspection Form** 

**Formative Assessment** 

Personal fall arrest and Personal Protective Equipment (PPE)

How Fall Arrest Systems Are Used

A Personal Fall-Arrest System

A Personal Positioning System

A Personal Retrieval System

Formative Assessment

Activated Energy Absorbing Lanyard And An Intact Lanyard

Formative Assessment

Certificated And Identified Fall Arrest Equipment

The reason for wearing a helmet with a chinstrap

The Requirements For Equipment Storage

Cleaning and maintenance

Storage

Formative Assessment

#### Section 3: Select suitable anchor points

The Purpose Of An Anchor Point

Terminology

Controlling Access to Anchors

Anchor Strength

Formative Assessment

**Anchor Points** 

Independent Systems

**General Anchor Principles** 

Select Anchor Points

Simple Anchors

**Multi-point Anchors** 

Angles

**Formative Assessment** 

#### SECTION 4: USE FALL ARREST SYSTEMS WITH A DOUBLE LANYARD

The purpose of allowing for "minimum free space" Fall Factor Limited "Fall Clearance And/Or Free Space" Fall Clearance Distance Switchover From A Double Lanyard System To An Installed Lifeline Formative Assessment Reduce The Arrest Distance Transport Tools Or Equipment General Tool and Load Management Care, Storage and Transport of Equipment

### SECTION 5: PRE-INSTALLED VERTICAL AND HORIZONTAL LIFE-LINES

Background The need for a rapid response General considerations for rescue Types of rescue General considerations for carrying out a rescue General procedure for casualty recovery Suspension trauma Rescue equipment **Formative Assessment Purpose Of Lifelines** Vertical And Horizontal Lifelines Vertical lifelines Horizontal lifelines Formative Assessment **Use Lifelines** Rope grabs Retractable lifelines **Formative Assessment** Why Work In A Team? Prevent Suspension Trauma Suspension Trauma Formative Assessment