



Training manual

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Welcome to RIIWHS204E Work safely at heights

The information provided may help ensure your safety.

This unit describes the skills and knowledge required to work safely at heights in the resources and infrastructure industries.

It applies to those working in operational roles. They generally work under supervision to undertake a prescribed range of functions involving known routines and procedures and take responsibility for the quality of work outcomes.

Licensing, legislative and certification requirements that apply to this unit can vary between states, territories and industry sectors. Users must check requirements with relevant body before applying the unit.

Note: The terms Occupational Health and Safety (OHS) and Work Health and Safety (WHS) are equivalent and generally either can be used in the workplace. In jurisdictions where the National Model WHS Legislation has not been implemented RTOs are advised to contextualize the unit of competency by referring to the existing State/Territory OHS legislative requirements

This unit

Elements covered in this unit are:

1. Identify work requirements
2. Identify work procedures and instructions
3. Access and install equipment
4. Perform work at heights
5. Clean up work area

Prevention of falls hierarchy

Always follow any health and safety laws, and or rules to ensure the work activity is compliant

- Acts
- Regulations
- Codes of practice
- Australian Standards

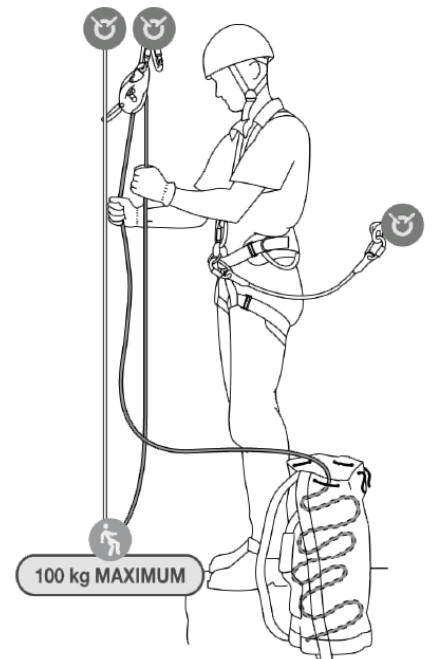
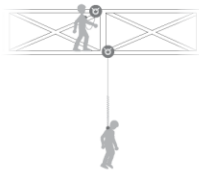
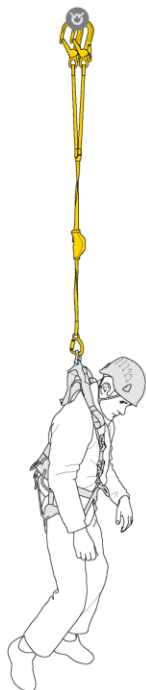
Documents associated with work at heights.

- AS/NZS 1657 Fixed platforms walkways stairways and ladders
- AS/NZS 1891.1:2020 Personal equipment
- Work Health and Safety Act 2011
- Code of practice - Managing risks of falls at workplaces working at heights

Rescue plan

Always fill out a rescue plan before you connect to a fall arrest system.

This ensures that you have the people, skills and equipment to rescue someone if they fall.



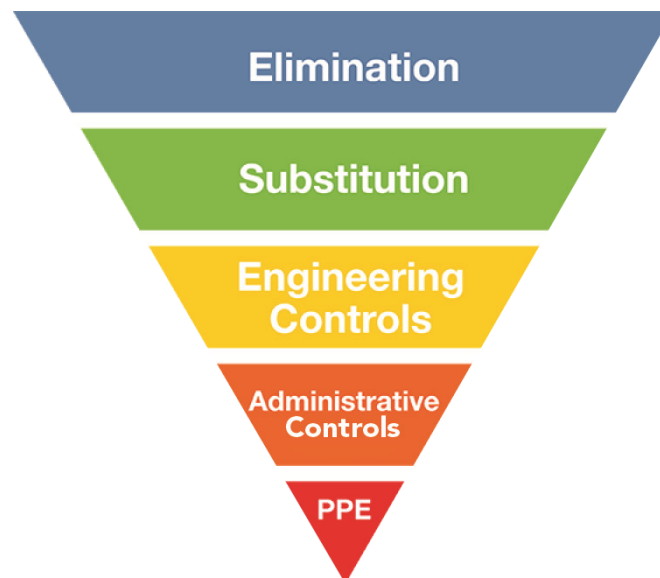
Hazards

Hazards specific to working at heights:

- Weather problems such as lightning, wind, dust or sun glare
- Falling through a brittle roof
- Dropping tools or equipment
- Power lines
- Falling into a hole, trench, shaft or pit
- The structure you are working on collapsing

Hazard hierarchy of controls

Report a hazard or risk by completing a hazard report form, risk assessment form or by reporting to your supervisor.



Signage and barricades

- Temporary signage e.g. traffic signage
- Site safety signage
- Flashing lights
- Hazard markers
- Message boards
- Barricades and fences
- Bollards
- Concrete barriers
- Caution or danger tape
- Permit

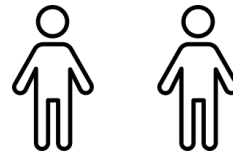


Anchor point safe to use

A single person.
15kN



2 people.
21kN



kN = Kilo newton is a measurement of force, kN converted to weight could be measured at approximately 1500 kilograms (the weight of a small car). Anchors should be inspected and tagged by an engineer or an authorised person.

Eye bolts



Structure



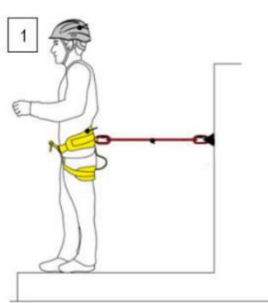
Nature



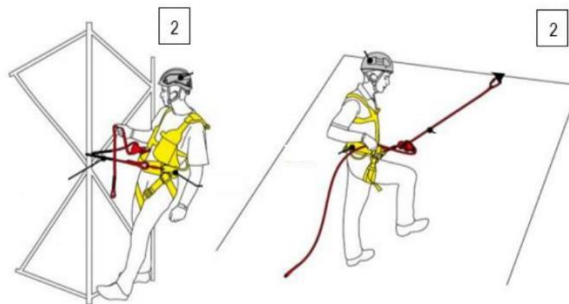
Working safely at heights

There is different techniques to working safely at heights, mainly in the forms of the below.

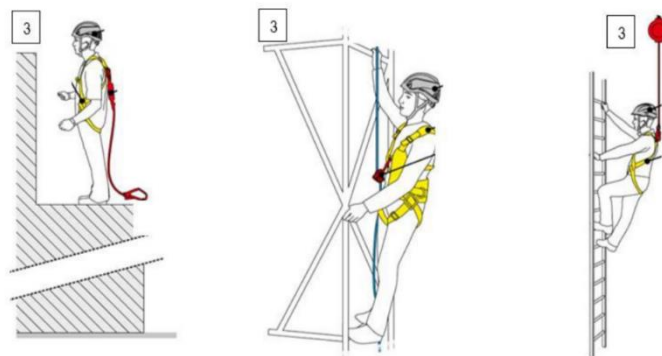
Restraint: technique used to prevent a worker from entering a fall risk area by means of the limitation of the length of the connection between the anchor point and the user's harness.



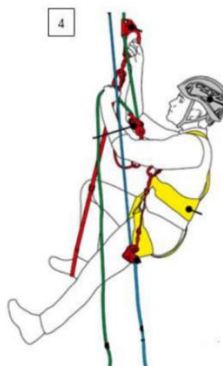
Positioning: technique used to position a worker securely in a fall risk area without creating a risk of falling. Usually the connection is adjustable in length. It is essential to give special consideration to the need of an additional fall-arrest system as a backup connection.



Fall Arrest: technique used to catch and reduce the force of a fall from heights. The system must include a full body harness and a connection which features an energy absorption function.



Rope access: fall protection system that enables the user to get to and from the workplace in tension or suspension in such a way that a free fall is preventable or arrest able. Rope access systems always include a working line for movement by means of ascenders and descenders, combined with a safety line equipped with a fall-arrest device that can intervene in case of failure of the working line.



Personal protective equipment (PPE)

Helmet

- Side impact rating
- Top impact rating
- 'Y' chin strap
- No peak for better vision



Full body harness

- Sternal (fall arrest)
- Dorsal (fall arrest)
- Ventral (work positioning)
- Waist belt side x2 (pole positioning)



Karabiner

- Double action
- En 362
- Individual ID



Inertia reel

- Fixed / retractable
- Instant restraint
- Vertical climbing



Twin hooks with energy absorbing lanyard

- 100% hook up
- Ladder climbing
- Tower climbing

