

Work safely at heights

RIIWHS204E Work safely at heights

Course aim

This course covers workers who work at heights and are required to attain the level of Height Safety Operator. Students undertake a theoretical session as well as performing various height safety practical exercises to ensure they are competent to use height safety equipment in accordance to Australian standards and manufactures instructions and recommendations.

Course objectives

By the end of the course, the student will be able to:

Demonstrate knowledge of:

- Identification and assessment of hazards
- Legislation
- Anchorage connectors and tie off adapters
- Select harness, pre-use inspection, don and properly fit the harness
- Fall clearances and forces in falls
- Select fall protection equipment, pre-use checks and operation
- Lanyards and self-retracting lifelines
- Dropped object prevention
- Record keeping

Demonstrate skills in the following:

- Complete a Safe Work Method Statement (SWMS)
- Set up an exclusion zone
- Access and install equipment including ladder access
- Pre-use inspection of fall arrest equipment
- Select harness; properly fit the harness and perform buddy checks
- Correct rigging of anchorage straps
- Correct use of a restraint line and running redirections
- Set up a shock absorbing lanyard and connect to anchorage and workers harnesses
- Twin tail lanyard mobility and pole strap work positioning techniques
- Correctly demonstrate the use an industrial rescue kit
- Clean-up work area

**On successful completion students will be issued with:
Statement of Attainment in RIIWHS204E Work safely at heights**

Course prerequisite

No prerequisite is required for the completion of this course.

Course assessment

Students will be assessed to determine their competency in this course both theoretically and practically.

The theory assessment consists of multiple choice and short answer questions.

The practical assessment will require students to participate in hazard identification discussion and the completion of a SWMS documentation; select, pre-use inspect, put on and correctly fit a full body harness; and height safety techniques in order to work safely at heights in accordance to Australian standards and manufactures instructions and recommendations.

Course duration

8 hours over 1 day (Initial)

4 hours (Refresher)

(The times noted above includes a break.)

Where delivered as a refresher, the delivery time is reduced and assessment time remains the same.

Trainer ratio

10 students per trainer

Course location

Courses are primarily delivered at our facilities:

3M Australia,
93 Derby Street, Silverwater NSW
The Construction Training Centre,
460 Beaudesert Road, Salisbury QLD

However, courses can be delivered at your worksite if required. In this instance your employer will confirm there are suitable facilities on site to deliver the training.