



Course Synopsis

Working at Height for General Industries – Supervisor/Rescuer/Inspector/Installer (CS WAH-SRII)

Course Overview:

This course has been designed to meet or exceed the minimum standard for Working at Height Training for Supervisor/Rescuer/Inspector/Installer Level (Competent Person/Competent Inspector/Competent Rescuer), as stipulated by ANSI Z359.2 and OSHA 1926.503.

This course is aimed at delivering students the theoretical knowledge and practical skills required to competently and safely: work at height and supervise work at height; inspect and install key fall protection products, and; conduct rescue from height. This course has been contextualized to address the working activities, hazards and fall protection equipment used in General Industry.

Target Audience:

Any and all personnel at a Supervisor Level or above, who's work activities include: working at height and supervising work at height; inspecting and installing fall protection equipment, and; providing emergency response while working at height.

Learning Objectives Supervisor Level (Day 1-2):

- Identify roles and responsibilities, legislative requirements, hazards and control measures for working at height and fall protection
- Undertake risk assessment while working at height
- Develop procedures for the use of fall protection systems
- Apply best practices for prevention of dropped objects
- Apply best practices for the selection, use and maintenance of access systems, fall prevention and fall arrest systems
- Apply conditions and limitations of fall arrest equipment standards
- Apply best practices for the selection, use and maintenance of anchorage, body support, connectors, descent systems and emergency & rescue systems
- Demonstrate pre-use inspection of a personal fall arrest system
- Demonstrate fitting of personal fall arrest system
- Demonstrate basic horizontal and vertical, advanced horizontal/vertical movement and work positioning using personal fall arrest system

- Demonstrate basic post rescue casualty management

Learning Objectives Inspector/Installer Level (Day 2):

- Identify legislative requirements for fall protection equipment inspection
- Demonstrate inspection of synthetic and steel anchorage connectors
- Demonstrate inspection of full body harness
- Demonstrate inspection of shock absorbing lanyard
- Demonstrate inspection of self-retracting lifeline (SRL)
- Demonstrate inspection of an escape device
- Demonstrate inspection and installation of a horizontal lifeline system
- Demonstrate inspection and installation of a vertical lifeline system
- Record fall protection equipment inspection results

Learning Objectives Rescuer Level (Day 3):

- Identify legislative requirements for rescue from height
- Identify roles and responsibilities, hazards and control measures while conducting rescue from height
- Undertake risk assessment while conducting rescue from height
- Apply best practices in emergency preparedness for rescue from height.
- Develop industrial rescue from height procedures
- Demonstrate inspection of rescue from height equipment
- Demonstrate pre-use inspection of a personal fall arrest system for rescue from height
- Demonstrate assisted self-rescue techniques
- Demonstrate unmanned/manned rescue techniques
- Demonstrate vertical rescue techniques while work positioning
- Demonstrate basic first aid techniques including CPR and AED
- Participate in the immobilization & packaging of a casualty

Mode of Training:

- Power Point Slides & Videos
- Class Discussions
- Participatory “Hands-On” Practical Activities

Mode of Assessment:

- Practical Activity Assessment Checklists & Forms (Formative)
- Participatory “Hands-On” Practical Activity Assessment (Formative)
- Multiple Choice Question Exam (Summative)

Entry Requirement:

Students should be physically fit and able to participate in moderately strenuous practical activities.

Duration: 3 Days / 24 Hours / 8am to 5pm

Location: Block 61 Ubi Rd 1 “Oxley BizHub” #04-04 Singapore 408727

Trainer to Student Ratio: 1 to 6

Style: Competency-Based, requiring 100% pass mark throughout.

Certification & Validity Period: Statement of Attainment valid for 2 years from date of issue.

Cost at Training Centre: US\$ 1400 / SG\$ 1750 Per Person Ex Taxes

Cost for Onsite Delivery: POA

For more information, please contact (65) 6450 7537

For Registrations & Enrolments: Email us at trainingasia@capitalsafety.com