

# FALLTRAC TRAINER'S KIT COURSE CONTENT ©

(PART 1 & 2) Working @ Heights Plan Prevent Protect Prepare  
(PART 3) Basic Fall ARREST Technician [Unit Standard 229998: "Explain & perform fall arrest techniques when Working @ Height"]

## MODULE 1

### Part 1 Legal Requirements

★ Occupational Health and Safety Act ★ General Duties of Employers to their Employees ★ Proof of Certain Facts ★ Construction Regulations 2014

### Part 2 Working @ Height

★ Working @ Height Introduction ★ Fall Protection System Elements ★ Fall Prevention, Protection & Arrest ★ Institute for Working @ Height ★ Definitions and Terminology ★ Judgment Personal & Management ★ Consequences of Non-Compliance ★ Workplaces Examples ★ Access and Egress to a Working @ Height Work Area

### Part 3 Working @ Heights Team

★ Competent Person ★ Planner ★ Fall Protection Planner - Activities ★ Supervisor Rope Access ★ Legal Requirement Appointments ★ Legal Requirements Rope Access Work ★ Duties of a "Fall Protection System" Supervisors ★ Operator / W@H Worker ★ Duties of Employees at Work ★ Duty not to interfere with, damage or misuse things ★ The W@H Worker Medical Certificate ★ The W@H Worker ★ Fall Protection Training

### Part 4 Hazard Identification & Risk Assessment

★ Introduction ★ Risk Assessment - Legal Requirement ★ Hazard Identification ★ Risk Assessments Control Measures ★ Hierarchy of Control Mitigating Hazards

## MODULE 2

### Part 5 Fall Protection Plan

★ Fall Protection Plan Introduction ★ Definitions

### Part 6 Fall Protection System

★ Work Positioning System Alternatively Fall Protection System ★ Fall Protection System Introduction ★ Physical Protection / Safeguards ★ Physical Protection Measures ★ Edge Protection ★ Safeguarding Openings Covers / Barricades

### Part 7 Fall Protection Access

★ Definition of Machinery ★ Access Mechanisms, Structures and Equipment

### Part 8 Fall Protection Ladders & Stepladders

★ Ladders and Stepladders - Categories ★ Legal Requirements ★ Ladders and Stepladders - Introduction ★ Components ★ Safe Use ★ Tools and Material ★ Limitations ★ Inspections

### Part 9 Fall Protection Roof Ladders & Crawl Boards

★ Legal Requirements

### Part 10 Fall Protection Scaffolds & Platforms

★ Scaffolding ★ Written Appointments ★ Design ★ Erection, Use and Dismantling ★ Inspection and Supervision ★ Framework ★ Scaffold Platforms ★ Trestle scaffolds ★ Suspended Platforms ★ Definitions ★ Written Appointments ★ Appointment Supervisor ★ Certificate of System Design ★ Operational Compliance Plan ★ Certificate of System



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(PART 3) Basic Fall ARREST Technician [Unit Standard 229998: "Explain & perform fall arrest techniques when Working @ Height"]

Design ★ Suspended Scaffolds - Legal Requirements  
★ Outriggers ★ Lifting or Lowering ★ Erection ★  
Signage ★ Inspection and Tests ★ Appointment  
Inspector ★ Daily Inspections ★ Records ★ Training  
★ Moving ★ Securing ★ Single-Point Adjustable ★  
Two-Point or Swing Stage ★ Boatswain's Chair  
(Bosun's) ★ Temporary Work Platforms (TWPs)  
Introduction ★ Caution ★ Features ★ Safety Nets  
Fall Containment System ★ Mobile Scaffolds

## Part 11 Fall Protection Mechanical Access Equipment

★ Mechanical Access Equipment Introduction ★  
MEWPs Types ★ MEWPs Use ★ MEWPs - Safety  
Considerations ★ Forklift Work Platforms - Man-  
Cage or Work Platform ★ Crane Lift Platforms

## MODULE 3

### Part 12 Basic Fall Arrest Technician

*Unit Standard: "Explain & perform fall arrest techniques when Working @ Height" Unit Standard No: 229998 Credits: 2 NQF Level: 1*

### Part 13 Fall Arrest Systems

A B C D E of Fall Arrest ★ Fall Arrest Clearance / Free fall Distance ★ Fall Time Before a falling Worker Hits the Lower Level ★ Calculating the Free Fall Distance  
★ The Pendulum Effect ★ System Considerations

### Part 14 Fall Arrest Anchorage

★ Anchorage Point - Fall Protection ★ Anchorage Point - Fall Protection ★ Temporary Anchor ★ Mobile Dead Weight Anchor

### Part 15 Fall Arrest Lifelines

★ Horizontal Lifelines - Introduction ★ Vertical Lifeline ★ Rope Grabs ★ Retractable Lifelines / Block

### Part 16 Fall Arrest Equipment

★ Fall Arrest Equipment ★ Single Leg Lanyards - Introduction ★ Dual Leg Lanyard Tie-Off - Introduction ★ Deceleration Devices Energy / Shock Absorbers ★ Centre of Gravity ★ Full Body Harness - Introduction ★ Fitting a Full-Body Harness ★ Work Positioning Belts ★ PPE & PPC [Personal Protective]

### Part 17 Rescue Plan

★ Rescue Plan Legal Requirements ★ Suspension Trauma ★ Suspension Trauma Rescue ★ Rescue Emergency Plan ★ Rescue Rapid Response

### Part 18 Reporting Incidents

★ Report to Inspector Regarding Incidents at Work

## OTHER TRAINER'S KITS FROM INTRA

ACTRAC	Occupational Health & Safety Act
CLAIMTRAC	Injuries & Diseases Claims
CONREGS	Construction Regulations 2014
ELECTRAC	Introduction to Electricity
FALLTRAC	Working @ Heights & Fall Arrest
FIRETRAC	Fire Prevention & Protection
FIRSTRAC	1st Aid [Approval & Accreditation]
HASREP	Health & Safety Rep & Committee
HIRA	Hazard Identification Risk Assessment
INDUCTOR	Induction & Awareness
INVESTTRAC	Incident Investigation
NOISETRAC	Noise-Induced Hearing Loss
SUPERTRAC	Supervisory Management Skills



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