

## COURSE TITLE : SAFE 'WORKNG AT HEIGHTS' TRAINING

### INTRODUCTION

Falls from heights or elevated platforms are the leading causes of accidents and worker fatalities in the general industry. Each year, a large number of workers are either killed or suffer major injuries as a result of falls at work places. Accidents involving falls are generally complex events frequently involving a variety of factors.

Fall protection is required whenever work is performed in an area 2meters and above. Fall arresting systems, which include lifelines, body harnesses, and other associated equipment, are used when fall hazards cannot be controlled by passive or active means. These systems are designed to stop a free fall while limiting the forces imposed on the wearer. Training to raise the awareness levels workers on the potential risks when working at heights is a primary need.

### COURSE OBJECTIVE

At the end of the training, participants will be able to:

- Understand WAH risks and apply the hierarchy of controls to mitigate those risks.
- Acquaint themselves with the legal Working at Heights requirements.
- Familiarize themselves with the four components (anchorage, body support, connectors and rescue) of a fall arrest system with focus on harness selection, inspection, maintenance and use.
- Understand the requirement for rescue and the need to have a rescue plan

### COURSE CONTENT

The training will cover:

- Legislation: OSHA 1994 and FMA 1967 (2006) and DOSH Guidelines on Prevention of Falls at Workplace.
- Introduction: Motivating factors in WAH.
- JSA which includes:
  - Fall Arrest Basics (Primary and Secondary system; Force; Free Fall; Energy Absorption; Swing Falls; Obstructions; Calculated Clearance.
  - Fall Arrest System (Body support/harness and belts; Anchorages; Connectors; Rescue plan)
- Inspection and maintenance of equipment.
- Practical.
- Assessment: Quizzes, Handling Equipment and Evaluation.

### For Further Training Information

For further training information and/or course booking, please contact:

#### June Hong

Tel (Off) : +60 3 77268343

Fax : +60 3 77257148

Mobile : +60 19 3802266

Email : june@e-response.biz

#### Mohd Helmi

Tel (Off) : +60 3 77257151

Fax : +60 3 77257148

Mobile : +60 16 2093671

Email : helmi@e-response.biz