



## Course Description:

This course applies to persons who required to work safely at heights. It includes: Identifying the work requirements, work procedures and instructions for the task; accessing and installing equipment, performing work at heights; and cleaning up the work area.

## Unit of Competency:

RIIWH5204D Work safely at Heights

## Entry Requirements:

The ability to;

- Read, understand and complete workplace documentation
- Explain, describe and verify sometimes complex needs and issues
- Understand regulatory requirements
- Perform numeracy tasks to the level of calculating fall distances and safe working loads
- Climb ladders and/or other structures
- Wear harnesses and/or other PPE as required by the site
- Perform manual handling tasks and strenuous activities

Participants that suffer from vertigo may find it difficult to partake in Work Safely at Heights practical activities and fulfil the requirements of the course.

## Prerequisites:

Nil

## Course Content:

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| <ul style="list-style-type: none"> <li>• Legislation, Regulation and Australian Standards</li> <li>• Falls from Heights Incidents</li> <li>• Hierarchy of control</li> <li>• Suspension trauma, who it affects and how to prevent it</li> <li>• Correct selection and use of PPE</li> <li>• Anchor points and safety ratings</li> <li>• Fitting and inspection of full body harnesses</li> </ul> | <ul style="list-style-type: none"> <li>• Fall Arrest vs. Fall Restraint</li> <li>• Initial rescue from heights</li> <li>• Maintenance of equipment</li> <li>• Knot tying</li> <li>• Ladder safety</li> <li>• Appropriate height safety work permits</li> <li>• Other height safety equipment and may also include a practical demonstration if available on site</li> </ul> |
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## Assessment:

Assessment of knowledge will be conducted by use of a workbook and verbal questioning. Participants will also be required to demonstrate competence through a range of practical activities.

## Delivery Method:

Face to Face training will be conducted over a period of 8 hours including both theory and practical components. Training can be conducted both on or offsite site provided a training room and working at heights environment (or working at heights environment) are available for use.

## Group Size:

To ensure quality training and a safe learning environment, the maximum allowable group size is 12 participants.

## Participant Responsibilities:

Participants are required to be on time for all courses and bring a form of identification such as drivers licence or Medicare card for verification of details listed on the course enrolment form.

For additional Participant Responsibilities, please refer to the Participant Handbook on our website [www.parcor.com.au/participant-resources](http://www.parcor.com.au/participant-resources)

## What information will PARCOR require?

Due to the assessment requirements of the unit of competency, PARCOR will need to be provided with the following information prior to training commencement;

- Type of structures where workers are exposed to a fall
- Working at Heights Procedures
- Working at Heights Permit (if required)

## What will your organisation receive?

- Statement of Attainment and wallet card issued to individual participants who successfully complete the requirements of the unit of competency and have a valid Unique Student Identifier (USI).
- A Nationally Recognised Training Summary for your Health and Safety Office compliance file

## How often should reassessment be conducted?

The industry regards reassessment on a two to three year cycle as good practice.

## Where can I view the unit of competency?

**RIIWH5204D Work safely at heights**

<http://training.gov.au/Training/Details/RIIWH5204D>