



Training
FALL ARREST
& BASIC RESCUE
AUG 17 - 19

JOIN GRAVITY TRAINING
@ DWR, Block C, Unit 1 Kimbult Industrial Park,
9 Zeiss Road, Laserpark, Honeydew, JHB

Gravity Training is conducted in accordance with local & international best practices as well as local acts and regulations. The certified training, valid for three years, is designed for technicians who work at height & covers basic rescue.

A Fall Arrest & Basic Rescue Training workshop will be held from 17 - 18 August, 9 am to 4 pm, at DWR Distribution, Johannesburg. The certified training will be presented by Gravity Training and will accommodate a maximum of 14 delegates.

Who should attend?

Technicians working from a fall risk position, by means of a portable or fixed structure, and who may need to perform basic rescues.

The Entry Requirements

Please note, delegates will not be permitted to attend the course and will not be refunded should they not meet the entry requirements below:

- Original certified copy of I.D. document/passport (driver's license not accepted).
- Copy of valid medical certificate.
- Learners must have basic numeric literacy and be able to understand, read and write English (special needs candidates can be accommodated on request).

Course Specifications:

US229998 - Explain and perform fall arrest techniques when working at height.



NQF Level 1

Credits: 2

Gravity Vertical System User.

US229995 - Install, use and perform basic rescues from fall arrest and implement the fall protection plan.

NQF Level 2

Credits: 3

Certificate is valid for 3 years.

Designation: Fall Arrest Operator.

Theoretical Knowledge:

1. Introduction to work at height.
2. Work at height definitions.
3. Legislation regarding work at height.
4. Understanding on-site risk assessments.
5. Appropriate equipment care and pre-use climbing inspection methods.
6. Identification and use of climbing equipment.
7. Limitations of climbing equipment.
8. Limitations of safe anchoring points.
9. The advantages of a "buddy system".
10. Basic knowledge of elevated work platforms.
11. Basic knowledge of vertical and horizontal lifelines.
12. Knowledge of Gravity Vertical System.
13. Minimum free space areas.
14. Fall factors.
15. The use of various fall arrest knots.
16. Implement a rescue plan.
17. Suspension trauma.
18. The "buddy rescue".

Practical Skills:

1. Assemble a basic fall arrest kit.
2. Perform pre-use climbing equipment inspections.
3. Rope coiling/bagging.
4. Selecting safe anchoring points.
5. Making and using various fall arrest knots.
6. Implement the "buddy system".
7. Using a work restraint system.

8. Exclusion zones/barricading.
9. Securing a work positioning system.
10. Movement using a shock absorbing lanyard.
11. Movement using a retractable lanyard.
12. Working on fragile rooftop surfaces.
13. Install and use temporary vertical and horizontal lifelines.
14. Use Gravity Vertical System.
15. Manage minimum free space.
16. Manage fall factors.
17. Manage suspension trauma.
18. Emergency escape system - "self rescue".
19. Perform a basic fall arrest rescue and bring a casualty down to safety - "buddy rescue".
20. Lifting light materials up to 35kg using a 1:1 and a 2:1 lifting system.

Important Notes:

1. All training is conducted in accordance with local and international best practices as well as local acts and regulations. After successful completion of this course, candidates will be found competent as per the Occupational Health and Safety Act 85 of 1993 Construction Regulations 1.
2. All Fall Arrest Operators must work under competent supervision as per the site/task requirement, ensuring a fall arrest rescue can be performed at any time as per Occupational Health and Safety Act 85 of 1993 Construction Regulations 10.2 (e).
3. Gravity Training cannot be held responsible for any unsafe and unlawful acts or behaviour as it is the duty of the technician to ensure his/her own safety and the safety of others on the work site.
4. Digital certificates will be issued.

Price Per Person which includes a light lunch and refreshments:

R3 300.00 (Please ensure that you are able to meet the requirements needed for the course as mentioned above. Thank you!)

Booking link below:

<https://forms.gle/Mb4Stic37qWqWp6SA>

Should you require any more information, please e-mail Sherryn at sales@dwrdistribution.co.za.