



CAPITAL SAFETY TRAINING

Fall Protection Training



FROM THE WORLDWIDE

EXPERTS IN HEIGHT SAFETY, CONFINED SPACE & INDUSTRIAL RESCUE

“Because having the best equipment in the world doesn’t help if you don’t know how to use it”.

capital
SAFETY

Fall Protection Training

Capital Safety Australia is pleased to announce the availability of its internationally recognised training courses in Australia, privately certified and accredited under the AQTF.*

For years, training courses in height safety have been provided by independent organisations to varying levels of quality. Many courses offered by other companies are no longer than 1-2 days, and do not seek to provide for the various levels of training needs required by industry. In addition, many courses offered simply cover legislation. Due to strong demand for higher quality, manufacturer endorsed courses, Capital Safety has responded by developing a fall protection training program to cover off the majority of end user needs.

Training of any kind should engage the participant and entice them to learn. By creating courses that demand active participation, the student becomes involved in the learning process increasing the information understood and their retention. Further by providing a variety of core training programs and then supplementing these with custom training, you are able to choose exactly what is right for your work force.

In-House Training at the Capital Safety Training Centre

With a balance of theory within the classroom mixed with hands-on training, the courses at our training centre get you actively involved.

Our training centre features a unique, hands on environment which enables the student to be trained in realistic workplace situations. Real life scenarios are enhanced by the selection of structures within our training centre. These include towers, confined spaces, fixed ladders, catwalks and steel framework.

Open enrolment courses are offered at the Silverwater training centre throughout the year and cover a wide variety of topics essential to height safety equipment users, OH&S professionals, safety officers, tool crib operators and auditors. Courses offered are outlined on the following page.



Training Facilities

With a balance of classroom and hands-on exercises, the courses at our training centre gets you actively involved.

* **Course 91363NSW Safe Work at Heights**

This competency based course has 4 individual modules that can be taken separately or collectively, depending on competency requirements. Every module has a separate competency, and individuals will be recognised as having achieved this competency and issued with a "Statement of Attainment" provided that they complete all module requirements.

Details of each course are provided as follows:

TCHSA - HEIGHT SAFETY AWARENESS

Duration: 0.5 Days (4 hours)

Style: In-class lecture style covering the basic height safety awareness issues. Participants will be introduced to height safety issues such as the hierarchy of risk management, very basic legislative requirements, culminating in the correct donning procedure of a full body safety harness, connection and attachment of hardware. A statement of attainment will be issued for each participant attending the entire course and participating in the required activities, and passing the written and practical exams. The competency is *Height Safety Awareness*.

Topics Discussed:

- Legislation and standards
- Fall prevention
- Work positioning
- Fall arrest components including:
 - anchorages
 - body harnesses and other devices
 - connectors
 - rescue planning

Recommended Attendance: This course is recommended for any person involved in accessing locations, performing work or maintenance tasks at height.

TCHSS - HEIGHT SAFETY SYSTEMS

Duration: 1.5 Days (12 hours)

Style: Building on the Height Safety Awareness course, in-class lectures including multimedia presentations and hands on scenarios in applying theory are discussed within practical workplace situations. This is a very active hands-on course which will require participants to utilise a wide range of fall protection equipment. This course includes both a practical and written examination that will be marked in class. A statement of attainment will be issued for each participant attending the entire course and participating in the required activities and passing the written and practical exams. The unit of competency is *Safety Equipment Selection and Application*.

Topics Discussed:

- Fall protection theory (why fall protection is necessary)
- Traditional fall protection (e.g. handrails, guardrails, etc.)
- Fall arrest body holding devices
- Fall/work restraint systems
- Suspension trauma causes and prevention
- Fall arrest anchors and anchorage systems permanent and temporary
- Fall arrest connecting means
- Specialty Systems
- Rescue as a component of a comprehensive fall protection program
- Equipment selection and inspection

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Recommended Attendance: This course is intended for workers who require a higher level of knowledge regarding fall protection theory and practical application (use). These workers may be at a variety of locations in any given day such that establishment of permanent systems or engineered anchor points is unwarranted. Course design is intended to establish a level of understanding suitable to making decisions on temporary anchor points and suitable equipment to properly protect themselves at height. From this base of knowledge the candidate will be better equipped to deal with the issues of fall protection. A comprehensive reference manual is provided.

TCHSEI - HEIGHT SAFETY EQUIPMENT INSPECTOR

Duration: 0.5 days (4 hours)

Style: This course provides the student with a basic knowledge to inspect and oversee the care, inspection and maintenance of the company's fall protection equipment. The focus of the training is on soft-goods inspection including harnesses, lanyards and anchorage connectors. Visual (external) inspection of Self Retracting Lifelines, and hardware are also touched upon. The course includes a classroom portion, which details the requirements of the inspection and maintenance program and goes into detail with regard to inspection criteria. Further, a hands on portion allows the students to inspect fall protection equipment at the site under the supervision of the instructor and use the i-Safe equipment tracking portal and scanning devices. Inspection logs and manuals are provided. A statement of attainment will be issued for each participant attending the entire course and participating in the required activities, and passing the written and practical exams. The unit of competency is *Height Safety Equipment Inspection*

Topics Discussed:

- Inspection requirements under AS/NZS 1891.4 standard
- Principles of inspection
- Product conformance requirements
- Soft goods inspection
- Hard goods inspection
- Records maintenance/inspection logs
- Electronic record keeping

Recommended Attendance: This course is recommended for anyone required to maintain a fleet of height safety equipment. Ideal for storeman, tool crib operators, OH& S professionals, hire/fleet management staff.



TCHSCP - HEIGHT SAFETY COMPETENT PERSON

The Competent Person training incorporates the initial subject matter from all 3 pre-requisite courses to enable a safety professional to build a height safety program for their work environment.

Duration: 2.5 Days (20 hours).

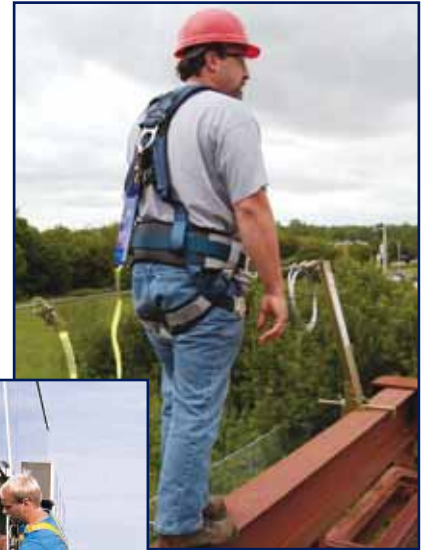
Style: In-class lecture including slides and video, hands on scenarios applying theory discussed to practical workplace situations. This is a very involved course, which will expand beyond the skill basics of the Height Safety Systems course. Competent person training is a pass/fail program incorporating both written and practical examinations, as well as a practical skills based assessment on physical exercises. A statement of attainment will be issued for each participant attending the entire course and participating in the required activities, and passing the written and practical exams. The unit of competency is *Height Safety Competent Person Program Design*.

Topics Discussed:

- Fall protection theory and application
- Australian & New Zealand regulations relating to Fall Protection
- Australian & New Zealand standards relating to product manufacturing
- Hazard identification and assessment
- Development and implementation of Fall Protection plans and programs
- Traditional Fall Protection (e.g. handrails, guardrails, etc.)
- Fall Restraint systems
- Fall Arrest systems (incl.: personal fall arrest systems, nets, safe work zones and more)
- Rescue as a component of a comprehensive fall protection program.

The Competent person training builds upon the prior 3 modules of Awareness, Systems and Inspection, adding in key components that are necessary in the establishment of fall protection programs and system development. A course mark of at least 85% on the 3 courses are a pre-requisite to attending the Competent Person training.

Recommended Attendance: Team Leaders, Managers, Supervisors, Safety professionals or other key personnel that may be required to develop or regulate fall protection programs, procedures and/or make on site assessments of related hazards.



All courses delivered on-site by MSS (CSG Licenced Trainer)

For more details and pricing, please do not hesitate to contact us direct.

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