



R110HS204A Work Safely at Heights

On successful completion students will be issued with a Statement of Attainment in "R110HS204A Work Safely at Heights".

Course Aim:

This unit covers working safely at heights in resources and infrastructure industries. It includes; accessing and installing equipment; performing work at heights; and cleaning up the work area.

Prerequisite and Co-requisite:

There are no prerequisite or co-requisite requirements for this unit of competency.

Course Objectives:

By the end of the course, the student will be able to:

- Demonstrate knowledge of:
 - The names and functions of equipment, components and materials
 - Equipment manufacturers' instructions and specifications
 - Safe shifting and handling of tools and materials
 - Statutory and regulatory authority requirements
 - The nature of work undertaken at height
 - Heights safety systems
 - The process of providing for safe working practices
 - Safety equipment/systems and considerations to facilitate working safely at heights
 - Safe work methods
- Demonstrate skills in the following:
 - Apply legislative, organisation and site requirements and procedures

- Access, interpret and apply technical and safety information
- Apply diagnostic/fault finding techniques
- Apply environmental requirements
- Apply isolation procedures
- Work in varying weather conditions

Course Assessment:

Students will be assessed to determine their competency in this unit both theoretically and practically.

The theory assessment consists of multiple choice and short answer questions.

The practical assessment will require students to participate in hazard identification discussion and the completion of Job Safety Analysis documentation; select, pre-use inspect, put on and correctly fit a full body harness; and perform work at height using a selection of lanyards, snap hooks and karabiners that the student will attach to fixed anchor points.

Course Duration:

8 hours

Course Location:

Unless expressly agreed, all courses are conducted at our Silverwater facility. Confirmation of course location will be provided at time of enrolment.

Please contact us for course schedules and locations.

General Conditions:

- Cancellation of booking less than 14 days prior to commencement of the course will attract a 50% administration charge.
- No refunds will be payable after course commencement.
- Capital Safety reserves the right to cancel, postpone or vary course dates or venues.
- Capital Safety reserves the right to allow delegates a "once only" transfer between courses, venues or dates. Further transfers will incur an administration fee. Contact the office for fee information.
- Dress code: Courses are conducted in a simulated work environment; therefore students must be attired appropriately. Closed shoes/boots only. No sandals or thongs. Students wearing sandals or thongs will not be allowed into the course.
- Students arriving late will not be allowed into class.
- You are not booked into a course until you receive confirmation from Capital Safety.

