



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Fall Arrest System Installation and Basic Rescue

Services / Cleaning, Domestic, Hiring, Property and Rescue Services

Unit Standard 229995 · NQF Level 2 · 3 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and practical skills to correctly install, use, and maintain fall arrest systems, and to perform basic rescues in the event of a fall. It also covers the implementation of a fall protection plan in accordance with South African legislation and industry best practices. By the end of the training, participants will be able to identify fall hazards, select appropriate equipment, and execute safe rescue procedures.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	229995
Accreditation	SAQA Accredited · NQF Level 2 · 3 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate the correct procedure for inspecting, fitting, and adjusting fall arrest equipment prior to use.
- Identify and evaluate fall hazards on site and implement appropriate control measures as per the fall protection plan.
- Apply safe techniques for connecting and disconnecting fall arrest systems while maintaining 100% tie-off.
- Perform a basic rescue of a suspended worker using a rescue kit and pre-planned rescue method.
- Analyze a fall protection plan and explain the roles and responsibilities of all parties involved.
- Complete incident documentation and report any equipment defects or rescue incidents according to company policy.

WHO SHOULD ATTEND

- This course is designed for safety officers, construction workers, roofers, riggers, and any personnel required to work at heights or supervise others working at heights.
- It is also suitable for individuals seeking formal certification in fall arrest systems and rescue techniques.

COURSE OUTLINE

Day 1: Fall Arrest System Installation and Basic Rescue

- Overview of OHS Act and relevant SANS standards
- Fall arrest system components: harnesses, lanyards, connectors, anchor points
- Pre-use inspection and equipment rejection criteria
- Selection and installation of anchor points and systems
- Fitting and adjusting a full-body harness
- Safe use of lanyards, energy absorbers, and fall arrest blocks
- Principles of basic rescue: self-rescue and assisted rescue techniques
- Post-rescue procedures and incident reporting

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **3 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
11 Aug 2026	11 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	17 Aug 2026	On-Campus	Shenzhen, China
17 Aug 2026	17 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 229995) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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