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 Techniques for Working at Height

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

Unit Standard 229998 · NQF Level 1 · 2 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and practical skills to explain and perform fall arrest techniques when working at height. It covers the selection, inspection, and correct use of fall arrest equipment, as well as emergency procedures. The course ensures compliance with South African occupational health and safety regulations.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	229998
Accreditation	SAQA Accredited · NQF Level 1 · 2 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS — verifiable online

LEARNING OUTCOMES

- Explain the legal and regulatory requirements for working at height
- Identify and select appropriate fall arrest equipment for specific tasks
- Inspect fall arrest equipment for defects and ensure serviceability
- Demonstrate correct donning, adjustment, and use of a full-body harness
- Apply fall arrest techniques including anchor point selection and lanyard use
- Evaluate emergency response procedures for a fall incident

WHO SHOULD ATTEND

- This course is intended for workers, supervisors, and safety officers who are required to work at height or oversee such activities.
- It is suitable for individuals in construction, maintenance, telecommunications, and other industries where fall risks exist.

COURSE OUTLINE

Day 1: **Fall Arrest Techniques for Working at Height**

- Legal framework: OHS Act, regulations, and standards for working at height
- Types of fall arrest systems: fall restraint, fall arrest, and work positioning
- Components of a personal fall arrest system: harness, lanyard, anchor points, connectors
- Pre-use inspection and maintenance of equipment
- Calculating fall clearance and swing fall hazards
- Emergency rescue planning and basic rescue techniques

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 **2 NQF credits** at **NQF Level 1**.

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	Dubai, UAE
12 Aug 2026	12 Aug 2026	On-Campus	Pretoria, South Africa
13 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Mauritius
14 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	17 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	17 Aug 2026	On-Campus	Pretoria, South Africa

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 229998) 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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