Accredited Africa Training Institute for Capacity Development
Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa
Tel: +27 12 004 8389 · Mobile: +27 65 077 6310
Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Working at Heights & Fall Protection

Custom Courses / Health, Safety and Environment (HSE)

Unit Standard AATICD-0304 · NQF Level 5 · 10 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the knowledge and practical skills to work safely at heights and implement effective fall protection measures. It covers legal requirements, hazard identification, fall prevention and arrest systems, and emergency procedures, ensuring compliance with South African occupational health and safety legislation.

Category	Custom Courses
Subfield	Health, Safety and Environment (HSE)
Unit Standard	AATICD-0304
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS — verifiable online

LEARNING OUTCOMES

- Apply relevant occupational health and safety legislation and regulations pertaining to working at heights.
- Identify and evaluate fall hazards in the workplace and determine appropriate control measures.
- Demonstrate the correct selection, inspection, and use of fall protection equipment, including harnesses, lanyards, and anchor points.
- Implement fall prevention and fall arrest systems in accordance with manufacturer instructions and safety standards.
- Analyze emergency procedures for rescuing a person after a fall and demonstrate basic rescue techniques.
- Evaluate the effectiveness of fall protection plans and recommend improvements to enhance safety.

WHO SHOULD ATTEND

- This course is designed for workers, supervisors, and safety officers who perform tasks at height or are responsible for managing fall risks in the workplace.

COURSE OUTLINE

Day 1: Introduction to Working at Heights and Legal Framework

- Definition of working at heights and statistics
- Overview of the OHS Act, Construction Regulations, and SANS 5007
- Duties of stakeholders
- Hazard identification and risk assessment principles
- Hierarchy of fall protection controls
- Introduction to fall protection equipment and systems
- Case studies of incidents and lessons learned

Day 2: Fall Protection Systems and Equipment

- Active vs passive systems: guardrails, safety nets, PFAS
- Components of PFAS: full-body harness, lanyards, connectors, anchor points
- Equipment standards and markings (SANS/EN/OSHA
- Inspection and maintenance of equipment
- Anchorage types and strength requirements
- Calculating fall clearance and swing fall
- Selection of appropriate equipment for different tasks

Day 3: Risk Assessment and Safe Work Procedures

- Risk assessment methodology (hazard identification, risk analysis, evaluation
- Developing safe work procedures and work permits
- Hierarchy of controls: elimination, substitution, engineering, administrative, PPE
- Job safety analysis (JSA) for height work
- Emergency response and rescue planning
- Incident reporting and investigation
- Review of typical risk scenarios

Day 4: Practical Application and Equipment Use

- Hands-on inspection and fitting of harnesses
- Use of lanyards (energy-absorbing, restraint, positioning
- Setting up and using anchor points
- Simulated work at height scenarios (e.g., scaffolding, ladders, roofs
- Proper use of ladders and portable ladders
- Team communication and signalling
- Emergency descent and rescue procedures (basic

Day 5: Advanced Applications and Integration

- Advanced fall protection systems: engineered systems, horizontal lifelines
- Rescue plans and equipment (tripods, winches, stretchers
- Fall protection plan development for specific industries (construction, maintenance
- Review of case studies and best practices
- Written assessment
- Practical assessment (scenario-based
- Course evaluation and feedback

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 **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 17,700.00	**R 17,700.00**
1	In-House	R 23,900.00	**R 23,900.00**
1	On-Campus (Pretoria)	R 26,700.00	**R 26,700.00**

UPCOMING SESSIONS

Start	End	Method	Venue
07 Dec 2026	11 Dec 2026	Online	—
07 Dec 2026	11 Dec 2026	On-Campus	Maseru, Lesotho
07 Dec 2026	11 Dec 2026	On-Campus	Kigali, Rwanda
07 Dec 2026	11 Dec 2026	On-Campus	Accra, Ghana
07 Dec 2026	11 Dec 2026	On-Campus	Cape Town, South Africa
07 Dec 2026	11 Dec 2026	On-Campus	Abu Dhabi, UAE
07 Dec 2026	11 Dec 2026	On-Campus	Victoria Falls, Zimbabwe
14 Dec 2026	18 Dec 2026	On-Campus	Mbabane, Eswatini

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

HOW TO GET A QUOTATION OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard AATICD-0304) and click **Get A Quotation**. 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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