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

Working at Heights

Custom Courses / Health, Safety and Environment (HSE)

Unit Standard AATICD-0317 · NQF Level 5 · 10 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the essential knowledge and practical skills to work safely at heights in compliance with South African health and safety regulations. It covers hazard identification, fall prevention, and emergency response procedures to ensure a safe working environment.

Category	Custom Courses
Subfield	Health, Safety and Environment (HSE)
Unit Standard	AATICD-0317
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 the relevant legislation and regulations governing working at heights.
- Identify and evaluate potential hazards associated with working at heights.
- Implement appropriate fall protection and prevention measures.
- Demonstrate the correct use and inspection of personal protective equipment (PPE).
- Analyze emergency scenarios and respond effectively to rescue situations.
- Evaluate risk assessments and recommend control measures for height-related tasks.

WHO SHOULD ATTEND

- This course is designed for workers, supervisors, and safety officers who perform tasks at heights or are responsible for overseeing such work.

COURSE OUTLINE

Day 1: **Introduction to Working at Heights and Legal Framework**

- Definition of working at heights
- Overview of the Occupational Health and Safety Act (OHSA) and Construction Regulations
- Responsibilities of duty holders
- Hierarchy of controls
- Hazard identification and risk assessment basics
- Case studies of incidents and their impact

Day 2: **Risk Assessment and Fall Prevention**

- Risk assessment process
- Identifying fall hazards (openings, edges, fragile surfaces
- Hierarchy of fall protection
- Collective protection: guardrails, covers, scaffolding
- Safe access: ladders, stairways, ramps
- Emergency procedures and rescue planning

Day 3: **Fall Protection Equipment and Systems**

- Personal fall arrest systems: harnesses, lanyards, lifelines
- Anchorage points and structural integrity
- Fall clearance calculations
- Inspection and maintenance of equipment
- Equipment standards and certifications
- Limitations and misuse scenarios

Day 4: **Working on Specific Structures and Rescue Procedures**

- Roof work: fragile roofs, skylights, roof edges
- Scaffolding: erection, use, and inspection
- Ladder safety: selection, placement, and use
- Mobile elevated work platforms (MEWPs
- Rescue planning and equipment
- Self-rescue and assisted rescue techniques

Day 5: **Supervision, Monitoring, and Practical Integration**

- Supervisory responsibilities
- Monitoring and auditing safety practices
- Incident investigation and reporting
- Toolbox talks and safety communication
- Review of course material
- Written assessment and practical evaluation

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-0317) 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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