

TITLE : CETA – EXPLAIN AND PERFORM FALL ARREST TECHNIQUES WHEN WORKING AT HEIGHT



Document Owner: Operations Manager

SAQA US ID	229998	ELECTIVE		
Unit Standard Title	Explain and perform fall arrest techniques when working at height			
NQF Level	01	SGB	Hiring Services	
Credits	2	Notional Hours		20
Duration	Candidate	Knowledge	Practical's	On the job
	Novice	1 day	1 day	N/A
	RPL (Re-fresher)	½ day	½ day	N/A
	Re-certification	½ day	½ day	N/A
Ratio of candidates to assessor	12:1		12:1	N/A

NOTE: For RPL and re-certification previous certificates are to be produced as evidence

<p align="center"><u>PURPOSE OF THE COURSE</u></p> <p>Qualifying learners are able to follow fall arrest principles to perform work at height safely, under supervision of a qualified supervisor.</p> <p>Learners who master the applied competence described in this unit standard will contribute to the development of a professional community of Construction Plant operators</p>	<p align="center"><u>PRE-REQUISITES</u></p> <ul style="list-style-type: none"> • Communication and Mathematical Literacy at ABET Level 3 or Grade 7 or equivalent. • Copy of an ID certified not more than 3 months. • Be medically fit and in possession of a medical certificate, declaring the learner free from a condition that may prevent the learner from working safely as specified in the range statement
<p align="center"><u>SPECIFIC OUTCOMES OF THE COURSE</u></p> <ul style="list-style-type: none"> • Explaining the use and limitations of a limited range of fall arrest equipment and fall arrest plan. • Inspecting, assembling and storing fall arrest equipment. • Selecting suitable anchor points. • Using fall arrest systems with a double lanyard. • Using pre-installed vertical and horizontal life-lines 	<p align="center"><u>ESSENTIAL EMBEDDED KNOWLEDGE</u></p> <p>The qualifying learner will be able to understand and explain relevant aspects of the following:</p> <ul style="list-style-type: none"> • Fall arrest equipment and limitations. • Fall factors and shock loading. • Legislation governing work at height.