

Emergency Management Training Course Outline

FALL ARREST TECHNICIAN LEVEL 1 / LEVEL 2

The Working @ Heights (Fall Arrest Technician) Course is designed to inform and educate the public regarding Working at Heights used in- & outdoors being it through work requirements (construction, sound systems, handyman, etc.) or simple rappelling. The course's main objectives are to achieve a theoretical background and practical application in the field. The student may choose between a Fall Arrest Technician Level I certificate (8 to 12 Hours) or Fall Arrest Technician Level II certificate (16 to 24 Hours). Assessment is done on a theoretical assignment and practical competence.

*Our **Fall Arrest Technician Level I** and **Fall Arrest Technician Level II** (marked with asterisk (*)) course covers the following topics:*

Theoretical:

- Standard roping terminology
- Personal Safety Equipment
- Function, Preparation and Safe use of Ascent and Descent equipment
- How to prevent a fall
- Fall Arrest Systems (FAS) uses
- Fall factors and suspension trauma
- Vertical / Horizontal Lifelines
- Construction of different knots and characteristics*
- Assisted rescue operations*

Practical:

- Demonstrate the safe use of all FAS equipment
- Demonstrate the safe execution of a personal ascend
- Demonstrate different lanyard / work positioning systems
- Demonstrate the safe execution of working at heights
- Demonstrate competence in vertical / horizontal application
- Demonstrate successful self-rescue
- Demonstrate the required knots*
- Demonstrate successful assisted rescue*

Certification:

Fall Arrest Technician Certificate Level I (Valid for two (2) years)
Fall Arrest Technician Certificate Level II (Valid for three (3) years)
(Approved by the Ministry of Labor)

Test (Multiple-choice):

70% - *Student results will be calculated on both the theoretical and practical components of the course*

Course	Duration	Textbook - Page	Skills Test	Written Test	CPD Points	Certificate Valid
Level I	1 DAY	50	YES	YES	NO	2 YEARS
Level II	2 DAYS	50	YES	YES	NO	3 YEARS

