

## TEAM COMPOSITION FOR WORKING AT HEIGHT AND MANUAL LIFTING

Falling from a height is one of the leading factors in workplace incidents around the world. A big contributor to incidents occurring while working at height is lone work. Working alone is considered dangerous in many industries, and is especially dangerous in the work-at-height industry. Without having a buddy check system or a second pair of eyes to check if equipment is safe and whether tasks are being performed safely while working at heights, incidents can occur. If a fall occurs and a rescue cannot be performed immediately, this may lead to serious injury or death.

At Gravity, we teach our clients that lone work is not permitted under any circumstances. Should a fall occur while working alone, there would be no other person available to perform the necessary rescue. Consequently, a minimum of two people per work-at-height team is required, regardless of the scope of work.

APRIL 2023 - STAY SAFE

### FALL ARREST AND BASIC RESCUE TEAMS

For Fall Arrest and Basic Rescue, every person working at height must be qualified to do so, and work must be done with the minimum two-rescuer rule. The two-rescuer rule is required because one technician should be able to rescue the other if something goes wrong. Therefore, a team could, for example, consist of ten people of which two members are qualified rescuers (with valid First Aid Level One Certificates as per site requirements). Or a team could consist of a total of two people on the condition that both of those people are qualified rescuers. Such a two-person team is allowed to perform Fall Arrest and Basic Rescue activities, which includes lifting loads of up to 20 kg with a 1:1 System or a Direct Lifting System. Thus, the minimum requirements for a Fall Arrest and Basic Rescue Team are two technicians that each possess the following:

- Occupational Medical Fitness Certificate from an Occupational Health Practitioner
- Fall Arrest and Basic Rescue Certificate
- First Aid Level One Certificate

### BASIC ROPE RIGGING TEAMS

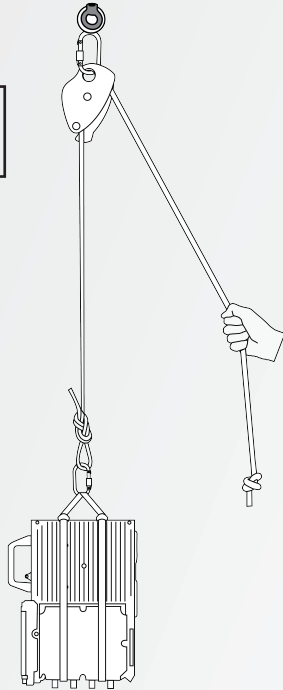
With the addition of Basic Rope Rigging and Slings Training, the technicians can lift loads of up to 40 kg using a 2:1 System, without an additional team member. With loads exceeding 40 kg, the team requirements change slightly. With Basic Rope Rigging and Slings, the minimum rule still applies whereby two competent rescuers (with valid First Aid Level One Certificates) are required to perform a rescue in the event of a fall while performing rigging and lifting activities. However, with loads exceeding 40 kg, a third person is required to guide the load. Therefore, the minimum requirements for a Basic Rope Rigging Team where the load is less than 40 kg are two technicians that each possess the following:

- Occupational Medical Fitness Certificate from an Occupational Health Practitioner
- Fall Arrest and Basic Rescue Certificate
- Basic Rope Rigging and Slings Certificate
- First Aid Level One Certificate

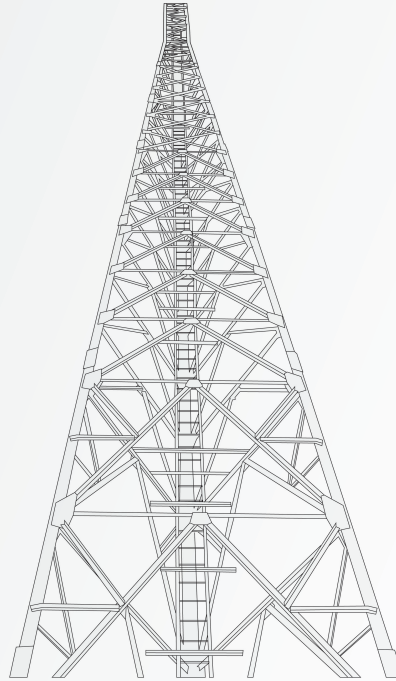
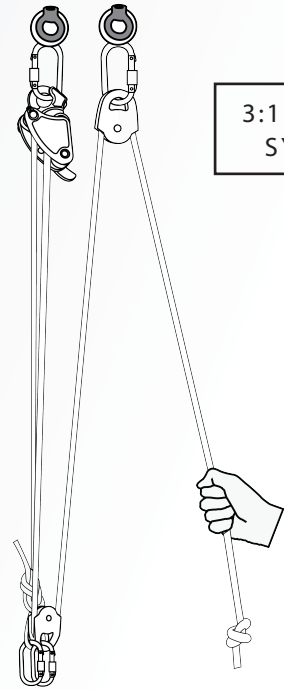
If the load exceeds 40 kg, a third person, who also possesses all of the above, is required.



1:1 PULLEY SYSTEM



3:1 PULLEY SYSTEM



### 1:1 PULLEY SYSTEM

Two technicians, each with:

- Basic Fall Arrest and Rescue (<20kg) Certificate
- First Aid Level One Certificate

One person will typically be at the receiving point (top) and one person at the operation point (bottom).

### 3:1 PULLEY SYSTEM

Three technicians, each with:

- Basic Fall Arrest and Rescue (<20kg) Certificate
- Rope Rigging Certificate
- First Aid Level One Certificate

One person will typically be at the receiving point (top), one person at the operation point (bottom) and one on the tag line to control the movement of the load.

### 2:1 PULLEY SYSTEM

Two technicians, each with:

- Basic Fall Arrest and Rescue (<20kg) Certificate
- First Aid Level One Certificate

One person will typically be at the receiving point (top) and one person at the operation point (bottom).

### 4:1 PULLEY SYSTEM

Three technicians, each with:

- Basic Fall Arrest and Rescue (<20kg) Certificate
- Rope Rigging Certificate
- First Aid Level One Certificate

One person will typically be at the receiving point (top), one person at the operation point (bottom) and one on the tag line to control the movement of the load.



Always remember, proper planning prevents poor performance, and with the correct team composition, incidents can be prevented.