



## ADVANCED FALL ARREST RESCUE

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### Who Should Attend:

Technicians who need to perform advanced fall arrest rescues for people making use of various fall arrest systems.

### Entry Requirements:

- Original certified copy of identification document/passport (driver's licences are not accepted).
- Be in possession of a valid medical fitness certificate.
- Copy of a valid Fall Arrest & Basic Rescue US229998 & US229995 certificate.
- Copy of a valid Rope Access Level 1 US230000 certificate.
- Copy of a valid First Aid Level 1 certificate.
- Learners must have basic numeric literacy and be able to understand, read and write English (special needs candidates can be accommodated on request).

### Price per Person:

Refer to training price list.

### Candidates Allowed per Group:

Minimum: 6  
Maximum: 8

*\*Please communicate preferred group sizes to the relevant bookings personnel as some clients may require smaller groups. Please be aware that smaller group sizes may affect your course price.\**

### Course Duration:

Days: 5

### Course Specifics:

US229999 – Perform a range of advanced fall arrest rescues.  
NQF Level 4  
Credits: 4

Certificate is valid for 3 years.

Designation: Advanced Fall Arrest Rescue Specialist.

### Theoretical Knowledge:

1. Introduction to work at height.
2. Work at height definitions.
3. Legislation regarding work at height.
4. Gather relevant work site information.
5. Completing an on-site pre-task risk assessment.
6. Completing a 3-monthly climbing equipment inspection form.
7. Completing a pre-use climbing equipment inspection form.
8. Identification and use of climbing equipment.
9. Limitations of climbing equipment.
10. Safe codes of practice for the placing of anchor points.
11. Selecting of safe anchor points used for rigging of ropes.
12. Managing sharp edges.
13. Setting up top and bottom exclusion zones.
14. Understanding the advantages of a "buddy system".
15. Basic knowledge of vertical and horizontal lifelines.
16. Understanding principles of rigging working ropes.
17. Understanding cable ways.
18. Understanding minimum free space areas.
19. Understanding fall factors.
20. Understanding the use of various rope access knots.
21. Understanding suspension trauma.

### Practical Skills:

1. Assemble a rope access kit.
2. Inspecting fall arrest and rope access kit.
3. Rescue from ascending equipment.
4. Rescue from a work belt.
5. Rescue from retractable lifeline.
6. Rescue with a link stick.
7. Rescue from vertical lifeline.
8. Rescue from horizontal lifeline.
9. Rescue over the edge.
10. Rescue using rope access and perform a pick-off maneuver.
11. Using and rigging various mechanical advantage systems.
12. Rig and use horizontal cable ways.
13. Rig and use diagonal cable ways.
14. Rig and use a cross-haul system.
15. Rig and use 1:1 pulley system
16. Rig and use 2:1 pulley system
17. Rig and use 3:1 pulley system
18. Rig and use 4:1 pulley system
19. Rig and use 6:1 pulley system

### Important Notes:

1. All training will be done in accordance with local and international best practices as well as local acts and regulations. After successful completion of this course he/she will be found competent as per Occupational Health and Safety act 85 of 1993 Construction Regulations 1.
2. All Advanced Fall Arrest Rescue Specialists must work under competent supervision per site/task requirement, ensuring a fall arrest rescue can be performed at any time as per Occupational Health and Safety act 85 of 1993 Construction Regulations 10.2 (e).
3. Gravity Training can not be held responsible for any unsafe and unlawful acts or behavior as this is the duty of the technician to ensure his/her own safety and the safety of others on the work site.