

## ADVANCED SAFE WORK AT HEIGHTS

Duration:  
1 day

### Applications:

*For people where the rope is needed as a handline for minor support*

### Program:

- WorkCover requirements / OH&S / Australian Standards
- Basic Rigging—slings / karabiners / Safe Working Loads / Selection / Angle of sag 120° and why?
- Basic TRAC technique
- Operator Safety & General Recommendations
- Risk Assessment / Accidents / Safe Work Method Statement
- Equipment Inspection, care use & maintenance / Selection and Suitability / Condition assessment
- Safety Harness selection, compliance & suitability / Suspension Trauma
- Rope Care / Specification / Selection / Destruction test results
- Ropework Log
- Backups - Rescue plan
- Knots & Their usage
  - ◇ Figure 8
  - ◇ Figure 8 on bight
  - ◇ Barrel knot
  - ◇ Double Fishermans
  - ◇ Prussic
  - ◇ Alpine Butterfly
- Karabiners & Maillon Rapides
- Ascenders & Descenders
- Energy Absorbing Lanyards
- Safe Working Loads
- Edge protection
- Anchor points, fall factors, self retrieval using prussic cord
- Self belay lead climb using ascender and descender
- Recertification
- Competency assessment

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