



PROTECTING  
PEOPLE AT WORK

Dear Delegate / Client

Thank you for enquiry on Protekta Safety Africa's Fall Arrest and Basic Rescue (US229998 + US229995) Training.

**Course Information as follows:**

Duration: 3 Days

**Venue:**

**Protekta Training Centre:**

Protekta Work at Heights Training Centre  
Unit 3, Meadowdale Business Park (opposite Builders Warehouse)  
Herman Road, Meadowdale, Edenvale, Gauteng

OR

**On site at client:**

On site at the client in which case the following is applicable to be arranged in advance by the client:

- Practical structure (scaffolding, etc.) that has been certified as safe for the specific day(s)
- Classroom with seating for all delegates and electrical points for the theory component of the course

**What the Course includes:**

Protekta Training Centre:  
US229998+US229995 Learner Guide, Course Registration, Work at Heights Kit for the duration of the course, Refreshments (Tea, Coffee, Water) and Certification (Certificate and Card) if found competent.

**What you will learn on this course:**

1. Knowledge of the limitations of a limited range of fall arrest equipment and regulations.
2. The correct Inspection, assembly and storage fall arrest equipment.
3. How to select safe, suitable anchor points.
4. How to safely use fall arrest systems with a double lanyard.
5. Safely erect Temporary Lifelines (Horizontal & Vertical)
6. The safe use of pre-installed vertical and horizontal life-lines and understand how to reduce risks during rescue/after a fall.
7. Tie, use and understand Basic Knots
8. Be able to interpret and implement a Fall Protection Plan
9. Perform a Basic Rescue

\*\*\*\*\* Please note that a light lunch will be provided at the Training Centre. \*\*\*\*\*

**Training Requirements:**

- CERTIFIED COPY of ID or Passport
- Original ID or Passport must be presented on Registration
- Certificate of Fitness as per Construction Regulations of 2014 (section (2) (b)).
- Proof of Payment must be presented on Registration
- Please note that there is a minimum requirement of 6 delegates for a course to run. If we do not have the required number of delegates the training may be rescheduled for a later date.

**ESSENTIAL REQUIREMENTS AND INFORMATION:**

**No paperwork no training**

**Only once 50% deposit has been paid can the candidates booking be secured**

If you wish to register for the course, please complete the attached registration form and return via scanned email. If you have any queries, please contact Anderson Cilliers or our general contact details below:

**Anderson Cilliers:**

M: 011 453 7374

E: anderson@protekta.co.za

Tel: +27 11 453 7374 Email: [info@protekta.co.za](mailto:info@protekta.co.za) Visit: [www.protekta.co.za](http://www.protekta.co.za)

Address: Unit 3, Meadowdale Business Park, Herman Road, Meadowdale, Edenvale, Gauteng