



## WORK AT HEIGHTS TRAINING COURSES

Protekta Safety Gear's target is to increase the standard of the work at heights industry currently available in South Africa. Our training is designed to ensure each and every candidate leave with a greater understanding of Safe Working Procedures as well as solid knowledge and skills pertaining to Work at Heights, in particular the dangers and navigating around such dangers whilst in Fall Risk Positions. As the official distributor of 3M Fall Protection our level of training is on an International Standard which is our method in attaining our Target.

### FALL PROTECTION ESSENTIALS (#6208)

#### COURSE OVERVIEW:

- Fact of falling.
- Fall protection oversight.
- Fall safety systems and planning.
- Anchor points – strength requirement and types.
- Body holding devices – full body harness types and fitting.
- Connectors – basic lanyards, energy absorbers and self-retracting lifelines.
- Equipment care.

**Duration:** ½ day (4 hours)

**Course size:** 1:15

**Certification** Proficiency Certification valid for 3 years with a temporary certification card to be provided and signed off by the Certified Instructor (Protekta) which will cover the period until the formal certificate is issued.

### FALL PROTECTION COMPREHENSIVE (#7218)

#### COURSE OVERVIEW:

- Hazard identification.
- Regulatory bodies.
- Fall safety systems and planning.
- Shared and personal systems.
- Anchor points.
- Body holding devices.
- Connectors.
- Horizontal Lifeline (HLL)/Vertical Lifeline (VLL)/Self Retracting Lifeline (SRL).
- Descent/Rescue – overview.
- Equipment care.
- Hands-on workshops.

**Duration:** 1 day (8 hours)

**Course size:** 1:15

**Certification** Proficiency Certification valid for 3 years with a temporary certification card to be provided and signed off by the Certified Instructor (Protekta) which will cover the period until the formal certificate is issued.

### HIGH ANGLE TECHNICAL RESCUE – LEVEL 1 (#7603)

#### COURSE OVERVIEW:

- Rescue requirements overview and regulations.
- Human dynamics.
- Rescue planning.
- Rescue principles.
- Essential rescue equipment.
- Self-rescue techniques.
- Primary rescue techniques – raise and lower.
- Post rescue protocols.

**Course prerequisite:** Fall Protection Comprehensive (#7218)

**Duration:** 1 day (8.5 hours)

**Course size:** 1:10

**Certification** Proficiency Certification valid for 3 years with a temporary certification card to be provided and signed off by the Certified Instructor (Protekta) which will cover the period until the formal certificate is issued.

### CONFINED SPACE – LEVEL 1 (#6480)

#### COURSE OVERVIEW:

- Confined space identification.
- Hazard categories.
- Respecting confined spaces.
- Confined space oversight.
- Roles and responsibilities:
  - Supporting roles;
  - Attendant; and
  - Entrant.
- Hazard controls.
- Testing and normalizing atmosphere.
- Emergency response.
- Permitting.
- Pre-entry and post entry protocols.

**Duration:** 1 day (8.5 hours)

**Course size:** 1:10

**Certification** Proficiency Certification valid for 3 years with a temporary certification card to be provided and signed off by the Certified Instructor (Protekta) which will cover the period until the formal certificate is issued.

### WHY TRAIN WITH US?

- Competent candidates registered for 3 years (reduce time spent off-site for training as well as financial outlay)
- Increase safety, productivity and efficiency of employees

### PROUDLY TRAINED

Protekta Safety Gear has proudly trained numerous companies, thereby assisting with ensuring maximum safety and minimising loss of time to their work at heights activities.

*THESE COURSES COMPLY WITH THE UNITED STATES FEDERAL OSHA.*

*IT IS ENSURED THEY MEET ALL THE ELEMENTS THAT ARE PART OF THE REGULATIONS (I.E. OSHA) AND STANDARDS (I.E. ANSI/CEN) REQUIRED.*



**3M**

Fall Protection