Advanced Working at Heights Safety and Fall Protection Training Course



21 - 25 Dec 2026

Cape town

4600 € (Per Person)

Ref: #HSE8746_276936

Course Introduction / Overview:

Working at heights remains one of the most significant causes of fatalities and major injuries in the workplace globally. This course provides a comprehensive framework for advanced safety planning and the effective implementation of fall protection systems. It moves beyond basic compliance to instill a deep understanding of hazard identification, risk assessment, and control measures. As noted by fall protection expert Dr. J. Nigel Ellis in his seminal work, "Introduction to Fall Protection," a systematic approach is paramount to preventing fall-related incidents. This program, offered by BIG BEN Training Center, is meticulously designed to equip participants with the skills to develop, implement, and manage a robust working at heights safety program. We will explore the hierarchy of controls, from elimination and substitution to the engineering and administrative controls that form the backbone of a safe work environment. Participants will delve into the technical specifications of personal fall arrest systems (PFAS), anchor point selection, and the critical importance of rescue planning, ensuring they can protect their teams and maintain operational integrity in any high-risk environment. This course is an essential investment in creating a proactive safety culture that prioritizes the well-being of every employee working above ground level.

Target Audience / This training course is suitable for:

- Safety Managers and Officers.
- Construction Site Supervisors and Foremen.
- Project Managers and Engineers.
- Maintenance and Facilities Management Personnel.
- Operations Managers.
- Health, Safety, and Environment (HSE/EHS) Professionals.
- Telecommunication Tower Technicians.
- Scaffolding Inspectors and Erectors.
- Roofing and Cladding Professionals.
- Anyone responsible for planning, supervising, or executing work at heights.

Target Sectors and Industries:

- Construction and Civil Engineering.
- Oil and Gas (Onshore and Offshore).
- Manufacturing and Industrial Plants.
- Telecommunications.
- Power Generation and Utilities.
- Renewable Energy (Wind and Solar).
- Facilities Management and Maintenance.
- Aerospace and Aviation.
- Shipping and Maritime.
- Governmental and public sector agencies responsible for infrastructure and safety oversight.

Target Organizations Departments:

- Health, Safety, and Environment (HSE/EHS).
- Operations and Production.
- Maintenance and Engineering.
- Project Management.
- Facilities Management.
- Construction Management.
- Quality Assurance and Control.
- Logistics and Warehousing.
- Capital Projects.
- Compliance and Risk Management.

Course Offerings:

By the end of this course, the participants will have able to:

- Develop and implement a comprehensive site-specific fall protection plan.
- Conduct thorough fall hazard analyses and risk assessments for various work-at-height scenarios.
- Identify and interpret applicable OSHA, ANSI, and other relevant industry standards.
- Differentiate between fall restraint, work positioning, and fall arrest systems.
- Select, inspect, and maintain personal fall arrest system (PFAS) components correctly.
- Calculate total fall distance to ensure adequate clearance and prevent contact with lower levels.
- Establish criteria for selecting and certifying secure anchor points.
- Formulate and document emergency rescue plans for workers suspended after a fall.
- Understand the physiological effects of suspension trauma and the required response.
- Lead safety briefings and toolbox talks on working at heights effectively.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, engaging, and practical, ensuring that theoretical knowledge is translated into real-world competency. This course utilizes a blended learning approach that combines expert-led presentations with dynamic group discussions, allowing participants to share experiences and learn from one another. A significant portion of the training is dedicated to analyzing real-world case studies of fall-related incidents, deconstructing the causes and identifying preventative measures that could have been implemented. Participants will engage in collaborative workshops to develop fall protection plans for various complex scenarios, fostering critical thinking and problem-solving skills. Interactive sessions will cover equipment selection and inspection protocols, using detailed visual aids and demonstrations to solidify understanding. The course promotes a participatory environment where feedback is continuously encouraged, enabling our instructors to tailor the content to the specific challenges and needs of the attendees. This immersive and hands-on approach ensures participants leave with not just knowledge, but the confidence to apply advanced safety principles in their workplace.

Course Agenda (Course Units):

Unit One: Foundations of Fall Protection and Regulatory Frameworks

- Introduction to working at heights and associated statistics.
- Understanding key terminology and definitions.
- The hierarchy of fall protection controls from elimination to PPE.
- Overview of global and regional standards (OSHA, ANSI, CSA, EN).
- Roles and responsibilities of the employer, supervisor, and worker.
- Defining the roles of the Competent Person and Qualified Person.
- Legal implications and consequences of non-compliance.

Unit Two: Fall Hazard Identification and Comprehensive Risk Assessment

- Conducting a systematic fall hazard survey.
- Identifying common and uncommon fall hazards in the workplace.
- Principles of risk assessment: likelihood and severity.
- Calculating potential fall distances and required clearance.
- Evaluating the strength requirements for anchor points.
- Assessing environmental factors like weather and surface conditions.
- Documenting and communicating risk assessment findings.

Unit Three: Personal Fall Arrest Systems (PFAS) and Equipment

- Detailed components of a Personal Fall Arrest System (PFAS).
- Types of full-body harnesses and proper fitting techniques.
- Connectors, lanyards, and self-retracting lifelines (SRLs).
- Understanding energy absorbers and force limitation.
- Formal inspection procedures for fall protection equipment.
- Equipment care, maintenance, and retirement criteria.
- Introduction to fall restraint and work positioning systems.

Unit Four: Advanced Safety Planning and Control Systems

- Developing a written, site-specific fall protection plan.
- Implementing passive fall protection: guardrails, safety nets, and hole covers.
- Establishing and managing Controlled Access Zones (CAZ).
- Safety procedures for working on scaffolds and aerial lifts.
- Best practices for safe ladder use and inspection.
- Managing falling object hazards and protection methods.
- Permit-to-work systems for high-risk activities.

Unit Five: Emergency Preparedness and Rescue Planning

- The critical importance of a pre-planned rescue strategy.
- Understanding suspension trauma (orthostatic intolerance) and its effects.
- Types of rescues: self-rescue, assisted rescue, and professional rescue services.
- Developing a comprehensive written rescue plan.
- Equipment and techniques for effective on-site rescue.
- Post-fall incident investigation and reporting procedures.
- Course review, final assessment, and open discussion forum.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

Beyond regulatory compliance, how can an organization cultivate a proactive safety culture where every employee instinctively prioritizes fall prevention?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by moving beyond mere compliance and equipment familiarization to focus on the strategic and cognitive aspects of fall protection. While many courses concentrate on the "what" – the regulations and the gear – our curriculum emphasizes the "why" and "how" of creating a truly safe working environment. We delve deeply into the principles of proactive risk management and safety planning, empowering participants to think like safety leaders, not just technicians. The program is built around a methodology that integrates complex, real-world case studies, challenging participants to analyze failures and engineer robust, preventative solutions. A core focus is on developing a comprehensive, written fall protection plan, a practical skill that is often overlooked but is the cornerstone of any effective program. Furthermore, the course dedicates significant time to rescue planning and the physiological dangers of suspension trauma, ensuring a holistic understanding of incident management from prevention to response. The academic rigor, combined with a practical, problem-solving approach, equips attendees with the critical thinking skills needed to build and sustain a world-class safety culture that protects lives and enhances operational excellence.