



HEALTH, SAFETY AND SECURITY TRAINING

Working at Height Safety and Fall Prevention

3 day course

Classroom, online or in-house

Course overview

Falls remain a leading cause of serious injury on construction, telecommunications and infrastructure sites, and the majority happen at heights people did not think worth protecting. This course covers the whole range. Delegates work through the hierarchy applied to height work, avoiding the work, then preventing a fall, then arresting one, since harnesses are widely treated as the first answer rather than the last. Access equipment is covered: ladders and their narrow legitimate use, towers, scaffolds and powered access. Edge protection and fragile surfaces follow, including roof lights that look like roof. Fall arrest systems are addressed properly: anchor points, free fall distance, clearance below and the suspension trauma that makes rescue urgent. Rescue planning is covered, because a harness without a rescue plan is a delayed casualty. The course closes on inspection and competence.

What you will learn

- Apply the hierarchy of avoiding, preventing and arresting a fall
- Use ladders only within their narrow legitimate application
- Select towers, scaffolds and powered access appropriately
- Protect edges and identify fragile surfaces including roof lights
- Specify anchor points, free fall distance and clearance below
- Plan rescue for a suspended person before work begins
- Inspect equipment and verify competence for height work

Who should attend

- Construction and telecommunications supervisors
- Scaffold and rigging teams
- Maintenance technicians working on structures
- Site safety officers
- Project managers overseeing height work

Course outline

- 01 Falls from heights nobody thought worth protecting
- 02 Avoid, prevent, arrest
- 03 Ladders and their legitimate use
- 04 Towers, scaffolds and powered access
- 05 Edge protection and fragile surfaces
- 06 Anchor points and free fall distance
- 07 Clearance below and suspension trauma
- 08 Rescue planning, inspection and competence

Upcoming dates

Dates	Venue	Format	Fee per delegate
7 to 9 October 2026	Dar es Salaam, Tanzania	Classroom	USD 995
7 to 9 December 2026	Kigali, Rwanda	Classroom	USD 995
3 to 5 March 2027	Online	Online	R6,500



Fees and how to register

This 3 day course is **R6,500** per delegate online, **R14,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 995** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

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