

Work Safely at Heights

RIIWHS204E

Work Safely at Heights

Learner Workbook

Student copy



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QUESTION 46 (PC 1.3, 3.4)

People can be hurt or killed from objects falling from above. What are some ways to keep people safe below the work area?

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QUESTION 47 (PC 4.5)

Why must you regularly check your safety system?

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QUESTION 48 (PC 4.5, 4.7)

Why must you check your risk control measures once they are in place?

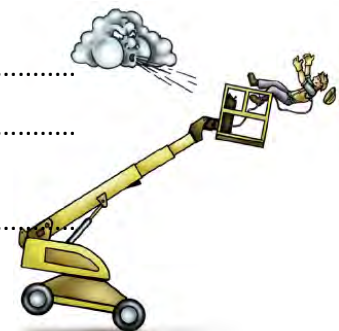
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QUESTION 49 (PC 4.7)

You start a job, but then the type of work, site conditions or weather changes. Why do you need to recheck your safety controls?

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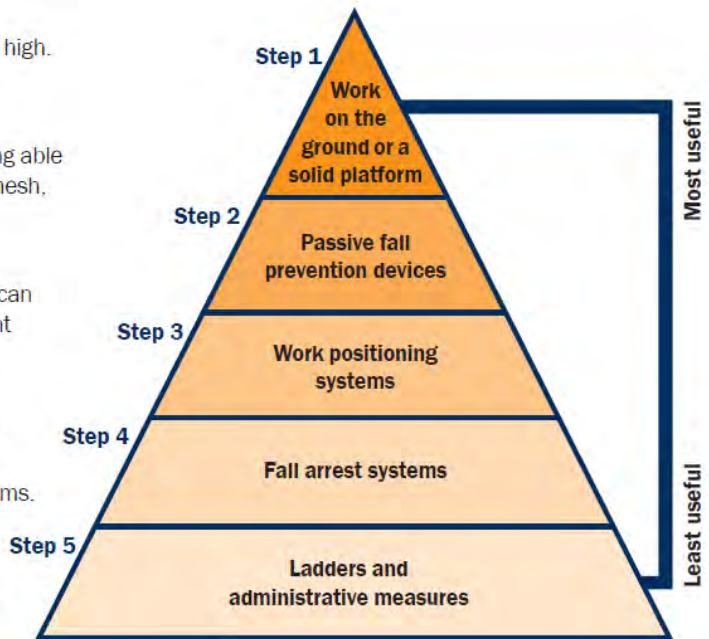


Prevention of falls hierarchy of control measures

You must follow some steps when you plan how to get rid of or reduce the fall risk.



- Step 1: Work on the ground or a solid platform.**
Think of ways to do the job without working up high. This eliminates the chance of falling.
- Step 2: Passive fall prevention devices.**
Use equipment that totally stops you from being able to fall. For example, guard railing, roof safety mesh, edge protection and work platforms.
- Step 3: Work positioning systems**
Use equipment to position the person so they can do the work safely. This includes travel restraint systems and industrial rope access systems.
- Step 4: Fall arrest systems**
These systems are designed to ‘catch’ or stop you if you fall. They include catch platforms, industrial safety nets and safety harness systems.
- Step 5: Ladders and administrative measures**
Working from ladders, or using different ways to do the work are last on the list of controls.



The pyramid shows the five steps in the ‘Prevention of falls hierarchy’ in order from the best choice of control to the last.

Step 1 – Work on the ground or a solid platform

QUESTION 53 (PC 4.1)

The first step in the working from heights hierarchy of controls is ‘work on the ground or a solid platform’. What must a ‘solid platform’ have?

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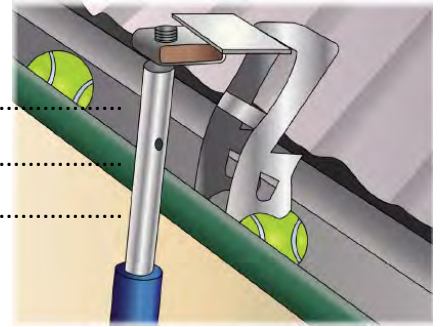
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QUESTION 54 (PC 4.1)

Think about the following types of work. How could you do the work from the ground?

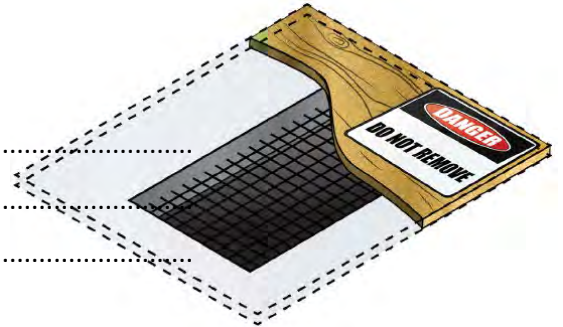
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QUESTION 55 (PC 2.2)

What is a fall protection cover?

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QUESTION 56 (PC 2.2)

How strong should a fall protection cover be?

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QUESTION 57 (PC 2.2)

Can you work on a fall protection cover made of steel mesh?

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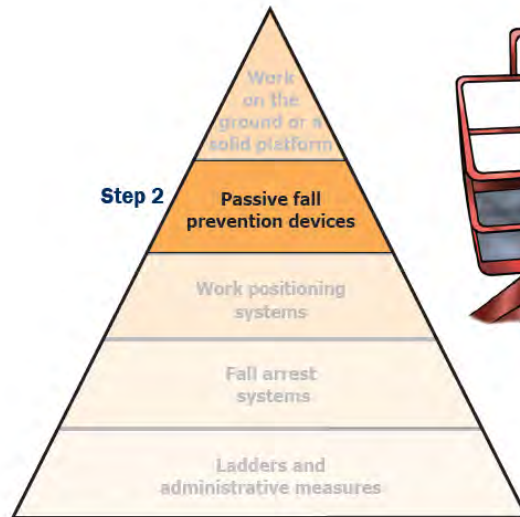
QUESTION 58 (PC 2.2)

Why do you need a sign on a fall protection cover? What should it say?

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Step 2 – Passive fall prevention devices



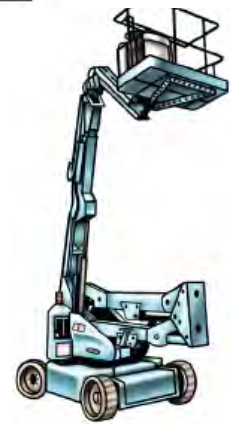
QUESTION 59 (PC 2.2)

Passive fall prevention equipment stops you from being able to fall from an edge or through a hole. Name some passive fall prevention devices.

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QUESTION 60 (PC 2.2)

Do you need a licence to put up perimeter screens?

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QUESTION 61 (PC 2.4)

What do workers need to understand before working on a scaffold?

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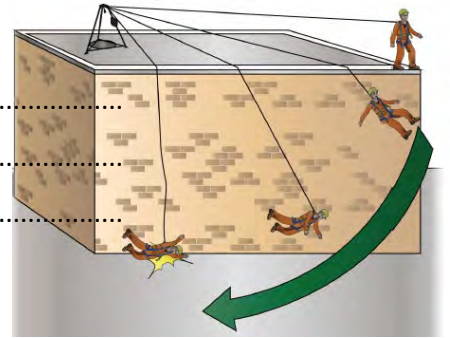
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QUESTION 102 (PC 4.2)

What is swing down? What can cause swing down?

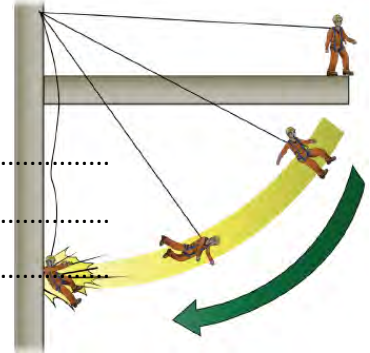
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QUESTION 103 (PC 4.2)

What is swing back?

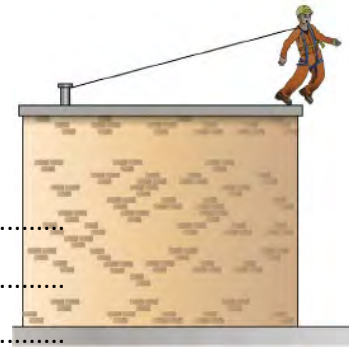
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QUESTION 104 (PC 4.2)

If you fall and the arrest line slides on the roof edge, what can happen?

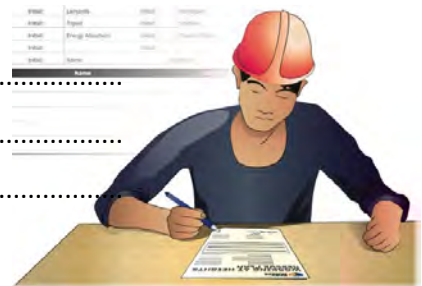
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QUESTION 105 (PC 1.3)

Before you connect to a harness fall arrest system you must fill out a SWMS, risk assessment or JSEA. What other paperwork do you need to fill out?

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QUESTION 106 (PC 1.8, 4.6)

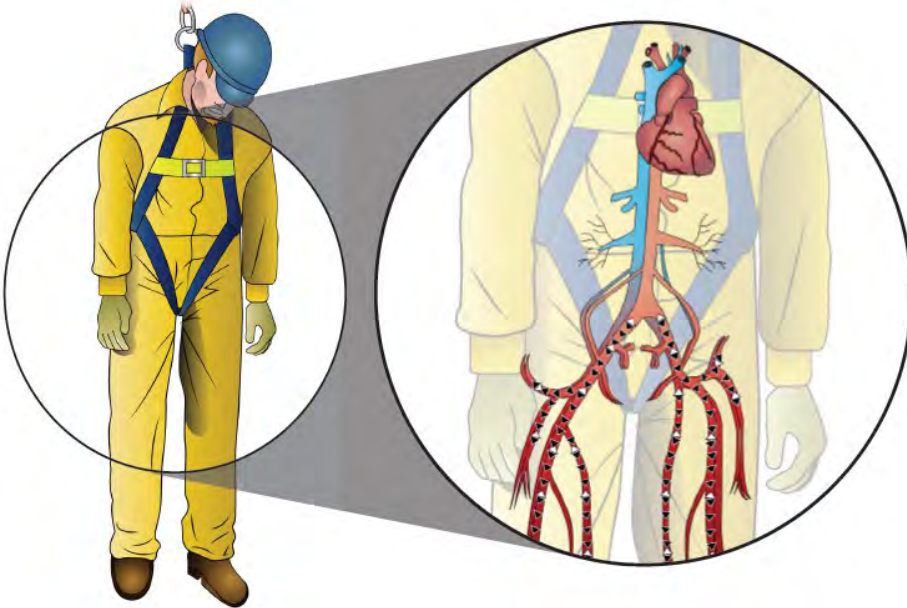
You need a rescue plan so that if someone falls you can rescue them quickly. How quickly should you be able to rescue someone who is hanging in their harness?

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QUESTION 107 (PC 1.8)

What is ‘suspension intolerance’ (suspension trauma)?



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QUESTION 108 (PC 1.8)

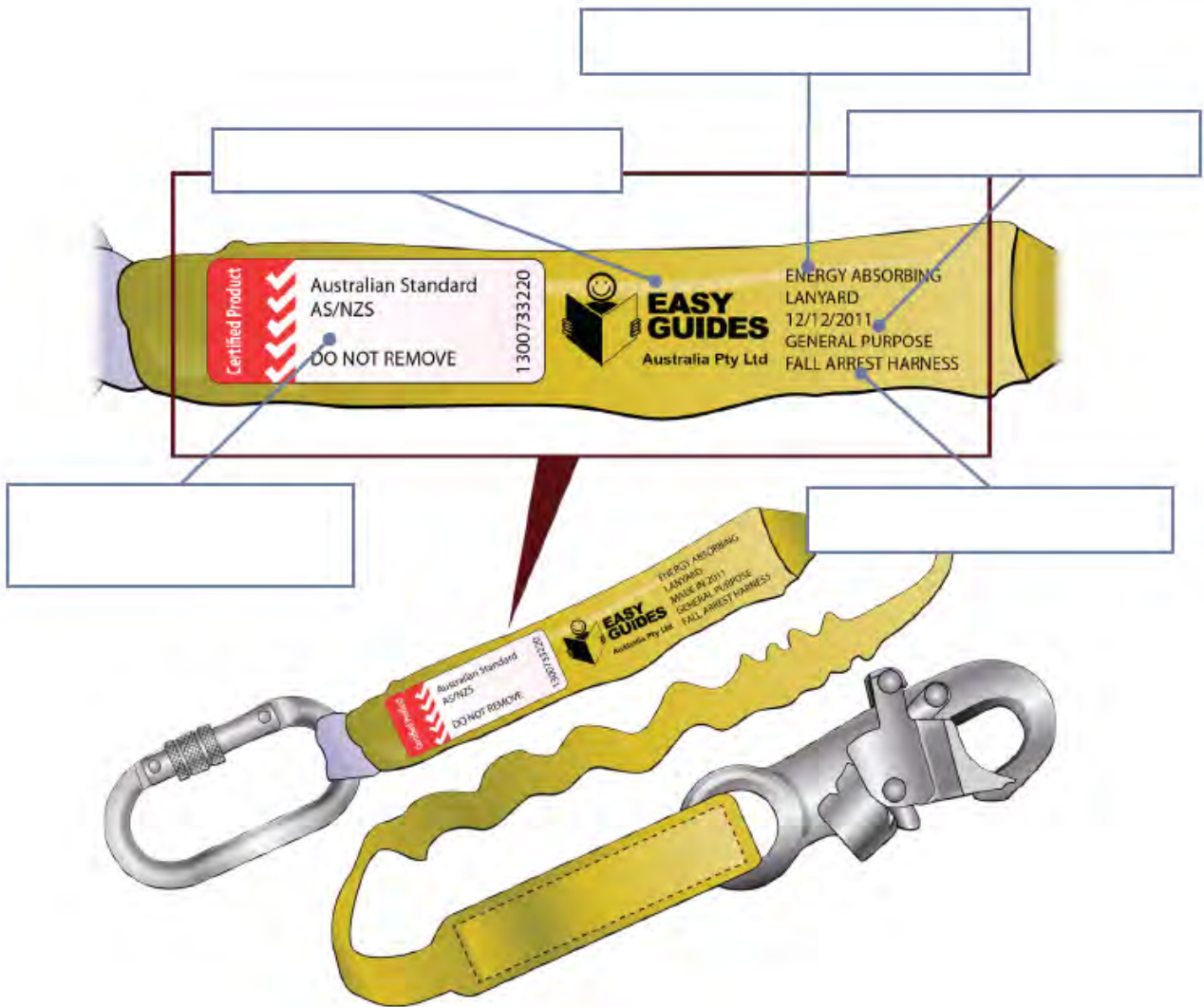
Trauma straps reduce the effects of suspension intolerance (suspension trauma). How do they work?

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QUESTION 112 (PC 2.1, 2.2)

What does the label on fall arrest equipment tell you?



QUESTION 113 (PC 2.2)

When do you need to use a personal energy absorber?

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