**ASSESS A WORKSITE FOR WORK AT HEIGHT AND PREPARE A**

**FALL PROTECTION PLAN**

**ASSESSMENT AND PoE**

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| --- | --- |
| Number: | 229994 |
| NQF Level: | 04 |
| Credits: | 3 |
| Qualification: | National certificate – Construction – Health and Safety |

**Learner Agreement**

I …………………………………………………………………………… (Learner name)

Agree to and will abide by the following terms and conditions:

1. I will complete all Formative Assessment Activities in this Workbook to the best of my ability.
2. I understand that if I do not complete this work and file it in my Portfolio of Evidence I will not be credited for this unit standard.
3. If this book is lost or stolen, I accept full responsibility and will cover the expense of replacing it.
4. If this book is lost or stolen, I will redo and complete all work. It is my responsibility to negotiate this with the facilitator.
5. I will write my own responses to questions and will not copy from others and will not interfere with other learners Evidence Books.

**Learner Signature:**………………………………..

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| **FORMATIVE ASSESSMENT ACTIVITIES** |
| **Unit Standard:** 120362 - Monitor report and make recommendations pertaining to specified requirements in terms of working at heights |
| **Learner Name:** |
| **Marks Allocation:** …………………..  **/ 350** |
|  |
| Keep all your notes from class lectures and discussions.  Complete all work in this booklet or unless otherwise stated. If you run out of workspace, use a separate sheet of paper, write your name, ID number, activity number, and Unit Standard details each time you use a separate sheet of paper. |

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| FORMATIVE ASSESSMENT |

1. List eleven (11) overlooked causes of falls and describe the preventative actions SO1/AC1 22/

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2. Explain what a Job Hazardous Analysis is SO1/AC1 7/

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3. Describe your understanding of a Risk Evaluation SO1/AC1 2/

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4. Explain the three (3) Levels of Risk Assessments SO1/AC2 10/

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5. List and describe the Hierarchy of Controls/ Prevention SO1/AC2 12/

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6. List six (6) items that should be included in an Action plan SO1/AC2 6/

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7. Describe: Likelihood ,Exposure,Severity SO1/AC2 6

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8. When are Safe Work Procedures required SO1/AC4 4/

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9. List and describe what your safe work procedures should include SO1/AC4 16/

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10. List the Monitoring compliance related/supporting documents SO1/AC4 7/

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11. Describe the definition of fall protection SO1/AC5 2/

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12 What requirements should The Fall Protection Plan include for a task/job-specific risk assessment SO1/AC5 8/

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13. Describe the safe use of fall arrest equipment and systems SO1/AC5 16/

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14. Describe the function of Restraint systems and when should it be used SO1/AC5 12/

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15 Explain the concept of a Safety-monitoring system SO1/AC5 6/

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16. Describe what a comprehensive risk assessment is based on SO1/AC6 4/

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17. Explain why training is one of the most important components within the company’s management of safety and health SO1/AC7 5/

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18. What should be included in hazard identification and controls training program for workers. SO1/AC7 10/

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19. Explain what sound anchorages must include SO2/AC1 4/

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20. Explain the guided type fall arrester including a rigid anchor line SO2/AC1 4/

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21 List the aspects required when compiling a Working at Height Rescue Plan SO2/AC2 6/

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22. Explain what should be included in a RescueTraining program SO2/AC2 10/

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23. Explain how to store and maintain Rescue equipment SO2/AC2 4/

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24 Explain the purpose of Rescue Ladder’s SO2AC2 6/

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25. Explain when does Shock loading occurs ? SO2/AC4 6/

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26. Explain the meaning of fall factor ratio SO2/AC4 6/

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27. To be competent in anchor point selection, list the training requirements SO2/AC4 12/

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28. Explain the importance of anchor load direction SO2/AC4 4/

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29. Explain the recertification & testing of fall protection equipment required by Legislation

SO2/AC4 4/

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30. Explain what a“fall protection plan” means and what should it include SO3/AC1 4/

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31. List the legal appointments required by the OHS Act, relevant to work at height, including SO3/AC1 10/

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32 Describe the” Work at Height Equipment Management” according to CR10.2 (d)

and 10.4 (c)(i) SO3/AC1 12/

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33. Your employees should be advised why it was created, what the SO3AC2 2/

purpose is and how the document will be used in the company.

This also applies when updates are being made. True or False

34. You should also incorporate employee feedback, opinions and SO3AC2 2/

ideas about what to include in the document, preferably prior to

its creation. True or False

35. Inform employees at the start of a project, that the company will SO3AC2 2/

work on developing (or updating) the Fall Protection Plan. True or False

36. Explain why the information is important and relevant, and what SO3AC2 2/

impact it will have on them. True or False

37 Conduct a meeting with all workers to introduce the completed SO3AC2 2/

Fall Protection Plan True or False

38. It is important for workers to read the document to become SO3AC2 2/

familiar with the company’s Fall Protection Plan. True or False

39. Request each employee sign-off on having read the document. SO3AC2 2/

True or False

40. Which General Safety Regulation deals with work in elevated positions? SO3/AC3 2/

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41. Describe what a fall arrest safety system typically includes and why was it designed SO3/AC4 6/

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42 The chances of surviving a fall from more than 9 m are low, SO4/AC1 6/

but even 1.8 m can prove deadly when landing on the wrong

body part or surface. Spinal, head, or neck injuries are a common True or False

result of falls, regardless of the height, and can leave the worker

severely disabled or lead to death.

43. Explain what happens when the human body falls and then make a sudden impact

SO4/AC1 6/

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44. Explain the consequences of Suspension Trauma when too much blood gets trapped in your legs SO4/AC2 6/

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45 As stipulated by the COID Act which incidents must be reported to the Department of labour and which section of the OHS Act refers to ‘reportable injury' ? SO4/AC3 8/

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46 List the 13 requirements of Construction supervisors who oversees the construction of projects and monitor activities at worksites SO4/AC4 20/

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47 List the Working at Heights training requirements for performing work at heights in compliance with your duties under the OHSA, SO4/AC5 20/

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48 Explain Construction Regulation 7(8) with reference to a valid medical certificate of fitness SO4/AC5 8/

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49 Explain the function of a Health and SafetyTraining Matrix in the workplace SO4/AC6 7/

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