

# WELCOME TO BSTC

## Work at Height Training Level 1 (WAH L1)



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## Course Aims

- To provide course participants with the requisite of Work at Height (WAH) knowledge so that they can perform their work activities properly and safely.
- At the end of the course, the participants shall be able to identify relevant API legislations, Work hazards, preventive measures and be able to demonstrate & understand various fall protection equipment.



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## Course Learning Outcomes

- At the end of the course, the participants shall be able to Identify relevant international legislations (API-U/OHSA), Work at height hazards , its preventive measures and to be able to demonstrate & understand various fall protection equipment.



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## Module 1

### Working At Height Overview

- Topic 1** - Introduction to WAH
- Topic 2** - Standard Requirements for WAH
- Topic 3** - Risk Assessment in WAH
- Topic 4** - The Responsibilities



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## Topic 1 – Introduction to WAH

### Why WAH Training is Important?

- Falls remain a major cause for workplace fatalities, contributing to more than a third of total workplace fatalities yearly. These fall-related fatalities at work are mostly from falling from heights, followed by slips, trips and falls accident types.
- In this course, participants will be trained issues on work at height and will be given an opportunity to try on various types of fall protection equipment & this includes inspection and correct way of wearing Safety harness.



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## Topic 1 – Introduction to WAH (cont.)

### What is working at height?

- Work at height means work in any place where, if precautions were not taken, a person could fall down and injure themselves.
- If you do any of the following then you will be working at height, because you can fall from one level to another.
  - Work above ground level.
  - Could fall from an edge, through an opening or fragile surface.
  - Could fall from ground level into an opening in a floor or hole in the ground.



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## Topic 2 – Standard Requirement for WAH

### Under API Regulations

#### **Fall Protection**

*All personnel when engaged in work 2m higher above the ground or adjacent working surfaces, shall be protected at all times from falling by guardrail system, safety net or personal fall arrest systems.*



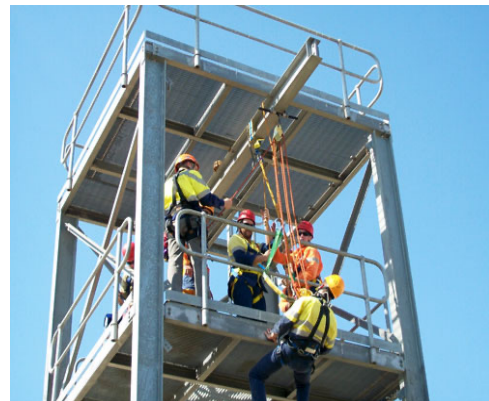
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## Topic 2 – Standard Requirement for WAH (cont.)

### Under API Regulations

#### **On Training**

*All personnel should be trained to work safely in accordance with their duties and responsibilities. Personnel should understand the safety and health hazards associated with working at height. To work, a person required knowledge and skill to carry out his duties and responsibility .*



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## Topic 2 – Standard Requirement for WAH (cont.)

### Attend daily Toolbox Meeting

- The Tool box meeting shall cover the work plan, the risk hazards, work issues, to report unsafe conditions, or any recovery measures to be taken if the controls are not completely effective.



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## Topic 3 – Risk Assessment & Control

### Risk Controls

- Elimination
- Do not climb
- Substitution
- Scaffolds, Man-lifts, Ladders
- Engineering Control
- Barricades, Guardrails
- Administrative Control
- Permit-To-Work, Safe Work Procedures, Risk Assessments
- PPE



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## Definitions and Acronyms

<b>Authorized Person</b>	A qualified person assigned by an employer to or supervise the performance of specific type of duty or duties at the work site.
Full body harness	Straps which may be secured about a person in a manner that will distribute the fall arrest forces over at least the thighs, pelvis , waist, chest and shoulders with means for attaching it to other components of personal fall arrest.
Lanyard	A flexible line of rope, wire rope or strap which generally has a connector at each end for connecting the body belt or body harness to a deceleration, lifeline or anchorage
Personal fall arrest System (PFAS)	A system designed to provide protection to a person from falls. The PFAS should consist of an anchorage, connector and a synthetic webbing full body harness which may include a lanyard and a deceleration device.
100 % tie off	A control method whereby a person working at height is always connected to an anchor so that they are protected by their fall-arrest system or work positioning system while ascending, descending, moving point to point, or conducting work activity

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## Topic 3 – The Roles & Responsibilities

- Roles and Responsibilities of WAH Worker under the WAH Regulation
- WAH Emergency Response Procedure



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## Topic 3 – The Roles & Responsibilities

### Discourage unsafe practices

- Management must support health & safety program
- Safe habits, Safety Culture

### Supervision of work

- Must wear the fall arrest system safely and correctly
- Hook up your Safety Harness, secure to Lifeline

### Proper use of equipment

- Scaffold, Ladders
- Safe route of access



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## Topic 3 – The Roles & Responsibilities (cont.)

- To inspect WAH systems before each use for wear, damage, and other deterioration, and remove any defective components from service.
- Do not use fall arrest systems or lanyards to hoist up any working equipment .
- To ensure that all anchorage points are properly designed for WAH.
- To ensure that PTW for WAH is approved by authorized manager prior to execution of works.



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