



WORKING AT HEIGHTS

Formative Assessment

☐ COMPETENT

☐ NOT YET COMPETENT

LEARNERS NAME: _____

LEARNER ID NUMBER: _____

FACILITATOR NAME: Tracey-Lee Blignaut



**BASIC SAFETY &
TRAINING SOLUTIONS**



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

FORMATIVE ASSESSMENT
Unit Standard: 229998 – Working at Heights
Facilitators Name:
Learners Name:
Marks Allocation: (80)

SO 1 Module One1. Mark clearly which statement is CORRECT

- ☐ Your Harness must be very loose so it is comfortable
- ☐ Your Harness should be tight to ensure it does not fall off
- ☐ Your harness must fit snugly but allow you to move freely

2. What is the function of a Fall arrest system?

- ☐ To hold you in a working position
- ☐ To absorb the shock in case of a fall
- ☐ To stop safety from checking on me

3. Mark clearly which statement is CORRECT.

- ☐ A lifeline can be installed by any person with the knowledge to do so
- ☐ Horizontal lifelines can safely be overloaded as it is always strong
- ☐ Only a competent person can install fall protection equipment such as lifelines

4. Mark Clearly which statement is WRONG.

- ☐ Employees must be trained on the correct use and maintenance of fall protection and fall arrest equipment
- ☐ Only the Supervisor can check for openings in the floor and unsafe work areas
- ☐ Appropriate signage must always be displayed when working at heights

SO 2 Module two

Underline the correct answer

1. True or False

- The only time a safety harness needs to be inspected is at the end of each shift.

True/False

- Safety harness is in good working order if your supervisor employer says so and colour coding is done.

True/False

- If your safety hook does not close properly, you should not use your safety harness.

True/False

- Stitching is not that important, if some of your stitching is undone you can still use your safety harness.

True/False

- There is no need to inspect Anchor points prior to use, they will be inspected by a competent person once every 6 months.

True/False

- Anyone can install a lifeline and a beam wrap.

True/False

- Hard hats and chin straps must always be worn when working at Heights

True/False

SO 3 Module three

1. What is NOT the purpose of an anchor point?

- ☐ To hang tools and equipment from.
- ☐ To cover your back when safety is on site.
- ☐ To be able to withstand the force of 2200kg when you fall.

2. Where is the best to hook of when you are on site?

- ☐ It does not matter, as long as you are hooked up.
- ☐ Onto the cable racks, or an overhead pipeline
- ☐ On the lifeline provided

3. What must you look for when you want to hook up?

- ☐ The pipe racks
- ☐ A Strong, not bent, no rust and crack free point where the hooks will fit around.
- ☐ The cable racks

4. A planned anchor point is...

- ☐ A Lifeline or a Beam Wrap that the company installed
- ☐ A handrail that has is part of the buildings structure.
- ☐ A rope around your waist that hooks onto the beam.

5. A Self-identified anchor point is...

- ☐ A place to anchor that you, the worker, identified yourself like Scaffold ledger
- ☐ A pipe, or handrail installed that forms part of the structure.
- ☐ Hooks hanging from your safety harness not hooked up

SO 4 Module four1. What is “Minimum free space”?

- ☐ The available space between the anchor point and the ground or nearest obstruction
- ☐ Any space that is not occupied by other employees.
- ☐ Space from your head to the closest object

2. What is some of the ways to ensure you have enough free space?

- ☐ Ensure you keep your anchor point as high as possible.
- ☐ Check before you fall to make sure you don't hit anything
- ☐ Use an extra short rope around your harness to keep you from falling

3. How did the facilitator guide you to use the right switch over technique?

- ☐ If safety is looking, hook up wherever you can
- ☐ Only hook whenever you have a chance or there is space
- ☐ When you move from one part over to another, move one hook at a time, make sure 100% tie off is always maintained.

True of False

4. Care should be taken to address the “swing” action when working with Retractable Lifelines

True/False

5. Employees are allowed to work alone on Heights

True/False

6. Two or more can hook on a Retractable Lifeline if you don't go over the safe workload

True/False

7. Tools and equipment do not need lanyards when working on Heights.

True/False

SO 5 Module five

1. List and explain 3 risks associated with waiting for a rescue team after a fall. (3)

2. What must be in place before an employee can work at Heights? (3)

2. List the actions you can perform to minimise the onset of suspension trauma (3)

Practical Assessment – Working at Heights

US – 229998: Working at Heights

Task Description: Inspection of Harnesses & Accessing Scaffold

Fall arrest/ prevention equipment inspected: _____

Correct fall arrest/ prevention equipment selected: _____

Correct Personal Protective Equipment selected for working at heights: _____

Scaffold inspected visually before accessing: _____

Fall arrest/ prevention equipment worn as per specifications: _____

Fall arrest/ prevention equipment worn used according to specifications: _____

Fall arrest/ prevention equipment inspected after use: _____

Fall arrest/ prevention equipment correctly stored after use: _____

Comments: _____

Facilitators FA Feedback	
Learners Name	
Facilitators Feedback	<p>.....</p> <p>.....</p> <p>.....</p> <p>Signature: Date:</p>
Learners Response	<p>.....</p> <p>.....</p> <p>.....</p> <p>Signature: Date:</p>