

VERIFICATION OF COMPETENCY FOR WORKING AT HEIGHT

Some example text and answers are in **red** below. Just delete and uncheck the answer boxes before using.

Working at height means work where there is a risk of a worker's health and safety associated with a fall from one level to another that is reasonably likely to cause injury to the person or any other person. Before a person undertakes any work at height, they must be verified as competent to safely complete their assigned tasks.

Company:		Date:	
Assessor's Name:		Nominee's Name:	

The purpose of this verification of competency is to allow the nominee to demonstrate their understanding and ability to safely work at height.

This verification of competency is made up of two parts: the theoretical assessment and the practical assessment.



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After you have completed the assessment, the nominee can then move on to section two, the practical assessment.

Section Two - Practical Assessment

Section two consists of observations and the verification of competency for working at height.

The nominee needs to be able to demonstrate competence when planning, organising and controlling work at height.

The assessor must be satisfied that the nominee has the ability to safely work at height in a range of tasks that involve understanding a set of control duties.

SECTION ONE - THEORETICAL ASSESSMENT

Section one consists of 20 questions.

A score made of 100% is required to successfully complete the theoretical assessment.

Answer the questions carefully and select your answers clearly and thoughtfully.

The multiple choice questions should be the best that you can think of.

Question 1

The working at height hierarchy of control can be described as?

- ☐ The lowest reasonably practicable control measure to prevent a fall.
- ☐ The ultimate duty is to prevent a fall from height risk.
- ☒ A person is fully competent if they are a worker that provides the highest level of safety possible in the circumstances.
- ☐ Using a ladder or work platform as a control measure for working at height.

Question 2

If working at height that may need to be completed at height, the best control measure would be?

<input checked="" type="checkbox"/>	To bring the job to ground level so that there is no risk of falling or pre-assemble as much as possible at ground level.
<input type="checkbox"/>	To install edge protection.
<input type="checkbox"/>	To use travel restraint equipment, so you cannot reach the edge of a platform.
<input type="checkbox"/>	To erect scaffolding and have it certified by an advanced scaffolder.

Question 3.

You have been assigned to install some brackets and piping three metres above the ground, you must?



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- ☐ Call the manager to check on your options.

Question 8.

An anchorage point (other than an anchorage point supporting a static line) must have a capacity of at least?

- ☐ One thousand kilograms of load.
- ☐ Two thousand kilograms of load.
- ☒ Only one person is using the anchorage point and the person could have a limited free fall of 2kN (kiloneutron) or only 1 person using the anchorage point and the person could have a free fall 15kN or if 2 people are using it and the weight is 27kN.
- ☐ The weight of the person using the anchorage point.



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Consideration must be given that your PPE is fit for use.

It must be able to protect you.

Full protection.

Question 10.

When using a fall arrest system there must be enough distance available to prevent the user falling the ground or an object. What are some ways to calculate this?

- ☐ Impact force with the ground.
- ☐ Work position flexibility.
- ☐ The user's experience with working at height.
- ☒ The user's height, the height and location of the anchorage point, the length of the lanyard and the length of the energy absorber when extended.

Question 11.

What is the pendulum effect as it applies to fall arrest and how would you prevent it?

The pendulum effect is the swinging or oscillation movement that is created by a fall when the anchor point is not directly above. The user of the fall arrest.

To prevent the pendulum effect it would involve flexible work and movement so that they are as near to work as is possible in the place of work.

Question 12.

To manage the risk of falling from one level to another, a safe system of work must be implemented for any work at height. What might this safe system include?

- Having the necessary information, procedures and training to carry out the work safely.
- Having all the necessary equipment e.g. fall protection, edge protection, fall arrest equipment, work platforms, safety nets, catch platforms, compliant ladders etc.
- It must be able with all the required equipment and competent personnel available to erect the work area.

Question 13.

A system must be implemented to ensure that work at height equipment is regularly inspected and tested by a competent person in accordance with the applicable Australian Standards?

True ☒ False ☐

Question 14.

Can you use a scaffold before it has been inspected by a competent person?



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Question 15

In the event of a fall what can you do to reduce the effects of suspension trauma?

Use footboards, straps and secure your legs to the harness to push against the footboards.

Question 16

Describe how you would establish an exclusion zone before an area where height work will take place?

Installation and signage to prevent unauthorized access to the area. A profiler may also be utilized.

Question 17

What is the ideal

A rescue plan must be _____ to ensure its effectiveness before the commencement of any work at height.

tested

Question 18

A scaffold must have a load rating of at least 100kg and must be manufactured for industrial use.

True ☒ False ☐

Section 101 - Practical Assessment (Access to Competence)		Competent?		
1	The candidate knows and understands the hierarchy of controls for working at height.	One	One	One
2	The candidate can describe the key principles and techniques for working safely at height, including height safety culture.	One	One	One

SECTION TWO – PRACTICAL ASSESSMENT (Assessor to Complete)		Competent?		
3.	The nominee knows the importance of safe work method statements and safe work at height procedures?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
4.	The nominee is aware when to complete any relevant permits (e.g. a work at height permit)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A

SAMPLE

Reviewer's Observations	
<p>_____ Date _____</p> <p>_____ Follows the guidelines reported above</p> <p>Yes 601-2000-00100 Task competency to safely work at height.</p>	
<p>Signed: _____</p>	
<p>_____ Date _____</p> <p>_____ Follows the guidelines reported above</p> <p>No 601-2000-00100 Task competency to safely work at height and further training is required.</p>	
<p>Signed: _____</p>	

Reviewed/Checked By		Signed		Date	
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REFERENCES

Act and Regulation

Work Health and Safety Act

Work Health and Safety Regulation

Codes of Practice

How to Manage Work Health and Safety Risks Code of Practice

Managing the Risk of Falls at Workplaces Code of Practice

Scaffolding Code of Practice

Australian Standards

AS 1576 Scaffolding General Requirements

AS/NZS 1576.1 Scaffolding – Part 1: General Requirements

AS/NZS 1576.2 Scaffolding – Part 2: Couplers and Accessories

AS/NZS 1576.3 Prefabricated and Modular Scaffolding – General Requirements

AS/NZS 1576.4 Scaffolding – Part 4: Scaffolding – General Requirements

AS/NZS 1576.5 Scaffolding – Part 5: Prefabricated Spineheads and Trestles

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AS 1657 Fixed Platforms, Walkways, Stairways and Ladders - Design, Construction and Installation

AS 1891.4 Industrial Fall-arrest Systems and Devices - Selection, Use and Maintenance

AS 1892.1 Portable Ladders – Metal

AS 1892.2 Portable Ladders – Timber

AS 1892.3 Portable ladders – Reinforced Plastic

AS 1892.5 Portable Ladders – Selection, Safe Use and Care

AS 1891.1 Industrial Fall Arrest Systems and Devices – Harnesses and Ancillary equipment

AS 1891.2 Industrial Fall Arrest Systems and Devices – Horizontal Lifeline and Rail Systems

AS 1891.3 Industrial Fall Arrest Systems and Devices – Fall Arrest Devices

AS 1891.4 Industrial Fall Arrest Systems and Devices – Selection, Use and Maintenance

AS 2550.10 Cranes, hoists and winches - Safe use – Mobile Elevating Work Platforms

AS 4389 Safety Mesh

AS 4576 Guidelines for Scaffolding

AS 4488.1: Industrial Rope Access Systems – Specifications

AS 4488.1: Industrial Rope Access Systems – Specifications

AS 4488.2: Industrial Rope Access Systems – Selection, Use and Maintenance

AS 4994.1: Temporary Edge Protection – General Requirements

AS 4994.2: Temporary Edge Protection – Roof Edge Protection – Installation and Dismantling

AS 4994.3: Temporary Edge Protection – Installation and Dismantling for Edges Other Than Roof Edges

AS 4994.4: Temporary Edge Protection – Perimeter Protection Screens