

# 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 workers' 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. Prior to a person undertaking any work at height they must be verified as competent to safely complete their assigned tasks.

|                         |  |                        |  |
|-------------------------|--|------------------------|--|
| <b>Company:</b>         |  | <b>Date:</b>           |  |
| <b>Assessor's Name:</b> |  | <b>Nominee's Name:</b> |  |

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. One theoretical assessment and one practical assessment.

## Section 1 - Theoretical Assessment



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### 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, installing and maintaining work at height.

The assessor must be satisfied that the nominee has the skills to safely work at height to a range of tasks that involve installation or use of aerial lifts.

### Section one consists of 20 questions.

A score mark of 10/20 is required to successfully complete the theoretical assessment.

Answer the questions carefully and when you are unsure, double check!

For multiple choice questions, check the box that has the **ANSWER** correct answer.

#### Question 1

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

- The lowest possible way to able workers to prevent a fall.
- The ability to prevent a fall from height up.
- A process to help prevent a worker that provides the highest level of safety possible in the circumstances.
- Using a number of work practices as a control measure for working at height.

#### Question 2

If assessing a job 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.  |
| <b>Question 3.</b>                  |  |



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|  |   |
|--|---|
| <input type="checkbox"/>   | Call the manager to check on your options.  |
| <b>Question 8.</b>   |   |
| <b>An anchorage point (other than an anchorage point supporting a static line) must have a capacity of at least?</b> |   |
| <input type="checkbox"/>   | One thousand kilograms of load.   |
| <input type="checkbox"/>   | Two thousand kilograms of load.   |
| <input checked="" type="checkbox"/>  | If only one person is using the anchorage point and the person could have a limited free fall 12kN (kilonewton) or if only 1 person is using the anchorage point and the person could have a free fall 15kN or if 2 persons are using the anchorage point 21kN. |



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Question 10

When using a fall arrest system there must be enough distance available to prevent the user hitting the ground or an object. What are the correct answers?

- The user's distance with the ground.
- The user's height.
- The user's experience with working at height.
- The user's weight, the weight and condition 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 a suspension component that is caused by a fall when the anchor point is not directly above. The use of the fall arrest system to prevent the pendulum effect is to ensure that the anchor point is directly above the user or as close to the user as is possible in the area of work.

Question 12

To manage the risk of falling from one level to another, a fall system of work must be implemented for any work at height. What might the fall 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, completion tables etc.
- A rescue plan with all the required equipment and competent personnel available to assist the fallen user.

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.



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Question 15

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

Question 16

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

Question 17

What is the ideal

A rescue plan must be \_\_\_\_\_ to ensure its effectiveness prior to the commencement of any work at height.

Question 18

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

True

False

| Question No. | Question   | Answer | Correct | Incorrect |
|--------------|--|--------|---------|-----------|
| 13           | The 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   | Correct | Incorrect |
| 14           | Describe how you would establish an exclusion zone below an area where height work will take place?  | True   | Correct | Incorrect |

| 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 |
| 5.  | The nominee has knowledge of how to erect signage and barricading around a drop zone?                                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> N/A |
| 6.  | The nominee understands the importance of complying with the equipment manufacturer's instructions and specifications? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> N/A |



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