



# RIIWH5204E

## Work Safely at Heights (1-Day Course)



This course is designed for those who are preparing to work at height, either in a work basket or on a building site. With this course you will learn the theory components of the course along with participating in a practical demonstration of the skills you have learnt.

### LEARNING MODULES:

- Mines Safety and Inspection ACT 1994
- Work Health and Safety Act (WA) 2020
- Inspect and fit of a Full Body Harness
- Edge Protection
- Risk of falling objects
- Working on Brittle or Fragile Roofing
- Protection of Holes and Opening
- Inspection and the correct use of ladders.
- Understand free fall, free fall-arrest
- Understand Job Safety Analysis (JSA) or/and Risk Assessment (RA)
- Mines Safety and Inspection Regulations 1995
- Code of Practice- Prevention of falls at workplaces 2004
- Using the Hierarchy of control to identify hazards at heights
- Identification and inspection of different items of fall protection
- Basic Requirements regarding setting up of static lines
- Emergency rescue procedure
- Housekeeping and Height safety general
- Work Health and Safety Regulations (WA) 2022
- Suspension trauma
- Basic Requirements regarding use of scaffolding
- Basic Requirements for working with an EWP
- Weather Condition and Night work
- Vital steps to reduce fall arrest trauma



#### Raines Resources

Phone: 08 6319 5300  
Mon - Sun: 7:00 am - 9:00 pm

Suite 12, Risely Corporate Centre  
135 Risely Street  
Booragoon WA 6154

ABN: 29 674 339 271  
ACN: 610326460

[info@rainesresources.com.au](mailto:info@rainesresources.com.au)



# RIIWHS204E

## Work Safely at Heights (1-Day Course)

At the successful completion of this course, Candidate will receive the Statement of Attainment and a wallet-size card\* inclusive of the Nationally Accredited course information, student name and course attended date.

(\* Raines Resources will issue an SOA and card after full payment is received)

### TRAINING DETAILS:

**Course Times:** 08:00 to 16:00 (Please arrive 15 minutes earlier for registration and ID verification)

**Age Requirements:** All learners must be at least 18 years of age.

**Literacy and Numeracy:** Participants must have a basic level of English proficiency (written and verbal communication) Numeracy Participants require the knowledge of how to use a calculator.

**Digital Literacy:** Online learners will require access to a computer with an internet connection and the knowledge to access emails, login to the online training portal, upload documents when required and submit assessments.  
In some instances, in modern mining and construction settings you may be required to enter/log information into an electronic record keeping device. Or use computerised equipment to operate various types of machinery and processes

**Course Delivery:** Face to Face training and assessment in a simulated workplace environment..

**Payment Method:** Cash, credit card, direct funds transfer with a bank receipt, or a company purchase order (refer to our finance policy for further details).

**What to bring:** 1 Photo ID and 1 Secondary ID, Current WorkSafe Licence Card (if any) (e.g. Driver's Licence, Passport (current or expired being no more than 2 years from the expiry date), WA proof of age card or other Australian Government issued ID card with photo) AND (e.g. Medicare Card, telephone, gas, or electricity account not more than 12 months old).

**Clothing:** Long sleeve shirt, long pants and safety boots.

**Location:** At the clients nominated facility or workplace



#### Raines Resources

Phone: 08 6319 5300  
Mon - Sun: 7:00 am - 9:00 pm

Suite 12, Risely Corporate Centre  
135 Risely Street  
Booragoon WA 6154

ABN: 29 674 339 271  
ACN: 610326460

[info@rainesresources.com.au](mailto:info@rainesresources.com.au)



# RIIWHS204E

## Work Safely at Heights (1-Day Course)

### ASSESSMENT COMPONENTS:

- Theory
- Practical

### CANCELLATION / REFUNDS:

Refer to our Refunds Policy.

### COST OF THE COURSE:

**Corporate clients only - All WorkSafe fees included:**

**Face to Face: \$250.00 (GST Free)**

**VOC: \$150.00 (GST Free)**

For corporate bookings please contact our booking team on (08) 6319 5300 or email [info@rainesresources.com.au](mailto:info@rainesresources.com.au)

Upskill today  
with Raines Resources

Our training and licensing services are led by Alan Raines, a seasoned expert with over 30+ years of hands-on experience in the construction, transport, and mining industries.



#### Raines Resources

Phone: 08 6319 5300  
Mon - Sun: 7:00 am - 9:00 pm

Suite 12, Risely Corporate Centre  
135 Risely Street  
Booragoon WA 6154

ABN: 29 674 339 271  
ACN: 610326460

[info@rainesresources.com.au](mailto:info@rainesresources.com.au)