



RIIOHS204D Work Safely At Heights LESSON PLAN

Resources	
Trainer Resources	Learner Resources
Heights training simulator	Learner guide
Audio visual equipment-Powerpoint & DVD's	Assessment instrument
Classroom facilities	Application form
Heights safety equipment-harnesses, davit arm etc	Learner questionnaires

Timing	Activity	Resources & Notes
0800	Introduction & Housekeeping Introduce the Trainer Housekeeping / OHS Requirements Introduce Learners	<ul style="list-style-type: none"> Student / Course List Application forms USI validation
0810	Outcomes and course outline RIIOHS204D Work Safely At Heights - National Competency	<ul style="list-style-type: none">
0815	Presentation 1. Identify work requirements 2. Identify work procedures and instructions for the task 3. Access and install equipment	<ul style="list-style-type: none"> Learner Guide PowerPoint Presentation DVD's Heights safety equipment
0930	Morning Tea	<ul style="list-style-type: none">
0945	Part Two 4. Perform work at heights 5. Clean up work area	<ul style="list-style-type: none"> Learner Guide PowerPoint Presentation DVD's Heights safety equipment
1115	Practical Activity <ul style="list-style-type: none"> Harness and equipment inspection Heights platform inspection-ladders, davit arm etc Donning the harness Using rail grab system to climb ladder Simulated heights rescue-suspension trauma 	<ul style="list-style-type: none"> Heights simulator Heights safety equipment-harnesses, davit arm etc
1230	Lunch	<ul style="list-style-type: none">
1300	Revision	<ul style="list-style-type: none"> Learner Guide
1310	Theory Assessment 50 questions	<ul style="list-style-type: none"> Assessment Tools

Timing	Activity	Resources & Notes
1440	Practical Assessment <ul style="list-style-type: none"> • Harness and equipment inspection • Heights platform inspection-ladders, davit arm etc • Donning the harness • Using rail grab system to climb ladder • Simulated heights rescue-suspension trauma 	<ul style="list-style-type: none"> • Assessment Tools
1600	Session Summary Summarise learning outcomes	<ul style="list-style-type: none"> •
1615	Feedback Please complete and return the Evaluation Forms.	<ul style="list-style-type: none"> • Learner questionnaires
1630	End of Lesson	<ul style="list-style-type: none"> •

Note: This Lesson Plan is to be used as a guide only.