

Working at Heights (face to face)

The **Labour Act, 2007 (Act No. 11 of 2007)** places an absolute legal obligation on employers to maintain a working environment that is safe and without risk to the health of employees. Under Chapter 4 of the Act, working at heights is recognized as one of the most high-risk operational activities in the workplace, where any failure in safety protocols can lead to catastrophic or fatal consequences. This comprehensive, face-to-face Working at Heights training program is designed to fulfill these statutory requirements by converting theoretical safety regulations into practical, life-saving competencies. This course equips participants with the essential skills required for hazard identification, fall-prevention planning, and the correct utilization of personal protective equipment (PPE) to ensure strict regulatory compliance and zero-harm operations.

In Namibia, working at heights involves navigating harsh geographic, climatic, and industrial conditions that significantly elevate fall risks and complicate emergency rescue operations:

- **Extreme Coastal Winds and Corrosion (Erongo Region):** Operating on elevated structures in coastal hubs like Walvis Bay or Lüderitz, where high-velocity Atlantic winds destabilize workers, and aggressive, salt-laden fog accelerates the degradation of safety harnesses, anchor points, and static lines.
- **Thermal Stress and Desert Microclimates (Namib & Kalahari):** Managing the physiological impacts of extreme heat exhaustion, dehydration, and intense UV exposure during elevated installations, which can induce sudden dizziness, loss of balance, or fainting while working on roofs, towers, or silos.
- **Mining Infrastructure and Heavy Engineering:** Navigating high-altitude maintenance on open-cast mine machinery, conveyor belts, and processing plants, where continuous structural vibrations from crushing and blasting operations threaten anchor point integrity and worker stability.
- **Telecommunications and Energy Grid Expansion:** Ascending remote cellular towers and solar-thermal structures located hours away from urban medical centers, where a fall resulting in suspension trauma requires immediate, self-sufficient team rescue protocols due to delayed emergency services.

Through hands-on harness fitting, fall-arrest system configuration, and simulated emergency rescue drills, this training ensures that every participant develops the muscle memory and risk awareness necessary to work safely at elevation and return home safely.