## TSC Category
Workplace Safety and Health

## TSC
Work at Heights

### TSC Proficiency Description

<table>
<thead>
<tr>
<th>TSC Proficiency Description</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice WAH safety precautions while carrying out duties at work</td>
<td>STP-WSH-1002-1.1</td>
<td>STP-WSH-3002-1.1</td>
<td>Supervise workers’ adoption of proper safety measures when working at heights</td>
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</tbody>
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### Knowledge

- Workplace Safety and Health (WSH) Act
- WSH Work-at-Height (WAH) regulations
- WSH Risk Management Regulations
- Code of Practice (CP) for working safely at heights
- Roles and responsibilities of WAH workers under the WAH regulation
- Worker rights
- WAH emergency response procedure
- Hazard identification for WAH, fall control measures
- Donning of individual fall protection equipment
- Self-relief techniques in emergency
- Fundamentals of WAH and fall prevention
- Importance of inspections and record-keeping of WAH equipment
- Pre- and post-checks on WAH equipment
- Workplace Safety and Health (WSH) Act
- WSH Work-at-Height (WAH) regulations
- WSH Risk Management Regulations
- Code of Practice (CP) for working safely at heights
- Roles and responsibilities of WAH workers under the WAH regulation
- Worker rights
- WAH emergency response procedure
- Hazard identification for WAH, fall control measures
- Risk management
- Fall control measures
- Fall prevention plan (FPP)
- WAH safety implementation and monitoring programmes
- Individual fall protection equipment and first-line response in emergency

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### SKILLS FRAMEWORK FOR SEA TRANSPORT
#### TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT

<table>
<thead>
<tr>
<th>Abilities</th>
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<tbody>
<tr>
<td>• Common unsafe practices in using height safety equipment</td>
<td>• Identify relevant WSH legislations, CP and Singapore Standards (SS) applicable to WAH</td>
<td>• Apply relevant WSH legislations, CP and Singapore Standards (SS) applicable to WAH</td>
<td>• Identify roles and responsibilities of stakeholders, competent and responsible persons in relation to WAH activities</td>
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<tr>
<td>• Identify hazards and preventive measures related to WAH</td>
<td>• Identify hazards and evaluate risks, and implement control measures for WAH activities</td>
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<tr>
<td>• Inspect WAH equipment for safe use</td>
<td>• Review fall prevention and protective control measures for safe execution of WAH activities</td>
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<tr>
<td>• Administer self-relief management for suspension trauma</td>
<td>• Establish, evaluate, review and implement FPP</td>
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<tr>
<td>• Check, correct, and don individual fall protection equipment prior to WAH activities</td>
<td>• Implement systems for effective monitoring and control of WAH risks</td>
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<tr>
<td>• Use and maintain various fall arrest systems and equipment in the correct manner</td>
<td>• Respond to fall emergencies</td>
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