

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

TSC Category	Workplace Safety and Health					
TSC	Work at Heights					
TSC Description	Maintain Workplace Safety and Health (WSH) standards and practices when working at heights by establishing safety protocols and complying with regulatory and other Work at Height (WAH) and WSH requirements					
TSC Proficiency Description	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
	STP-WSH-1002-1.1		STP-WSH-3002-1.1			
	Practice WAH safety precautions while carrying out duties at work		Supervise workers' adoption of proper safety measures when working at heights			
Knowledge	<ul style="list-style-type: none"> • 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 		<ul style="list-style-type: none"> • 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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	<ul style="list-style-type: none"> • Common unsafe practices in using height safety equipment 					
Abilities	<ul style="list-style-type: none"> • Identify relevant WSH legislations, CP and Singapore Standards (SS) applicable to WAH • Identify hazards and preventive measures related to WAH • Inspect WAH equipment for safe use • Administer self-relief management for suspension trauma • Check, correct, and don individual fall protection equipment prior to WAH activities • Use and maintain various fall arrest systems and equipment in the correct manner 		<ul style="list-style-type: none"> • Apply relevant WSH legislations, CP and Singapore Standards (SS) applicable to WAH • Identify roles and responsibilities of stakeholders, competent and responsible persons in relation to WAH activities • Identify hazards, evaluate risks, and implement control measures for WAH activities • Review fall prevention and protective control measures for safe execution of WAH activities • Establish, evaluate, review and implement FPP • Implement systems for effective monitoring and control of WAH risks • Respond to fall emergencies 			