# HEIGHTSAFETY TRAINING ACADEMY 2017/18 CATALOGUE

















### **TEST YOURSELF**



Do you have the **BEST** rope access skills and are you the **FASTEST** rope access technician in Africa?



#### **HOW DOES IT WORK?**

The fastest time over a combination of four level 1 Rope access manoeuvres without any safety mistakes wins the competition. Any short cut may be taken as long as you safely remain on two points at all times. Any safety mistake is an immediate disqualification from the competition.

The combination of manoeuvres are as follow:

- Ascend and descend through a deviation, past knots, through a re-belay and back down to the ground. Total height of all the manoeuvres combined is 8 meters.
- 2. Short line transfer, into a long line transfer, into a loop and down to the ground. The time stops when the technician is back on the ground where he / she started.
- 3. Combined aid climbing exercise. The technician will access the aid climbing routes with an access rope from the ground. Once the technician reaches the other side he needs to transfer to a set of access ropes and abseil down to the ground.
- 4. Pick off rescue where the victim is stuck on a descender about 5 meters off the ground. The rescuer needs to access the victim on the same set of working ropes, accessing the victim from underneath.



Terms & Conditions Apply www.heightsafety.co.za









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### **Learning Programmes**

**SUMMARY** 

#### **FALL ARREST** LEARNING PROGRAMMES



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### **About Heightsafety**

**PROFILE** 

We are the most professional and specialised working-at-height training provider in Africa.

Heightsafety Training Academy (PTY) Ltd has been offering hands on training for the past 17 years to Fall Arrest, Rope Access and Rope Rescue professionals who would like to excel in working at height. Our training experience comes from years of physically performing fall arrest and rope access projects both on and off shore in remote jungle areas with very hot humid temperatures to high altitude mountain areas with sub-zero temperatures, 2010 soccer world cup construction sites, mining processing plants to petro chemical sites.

We do not only have the ability to teach but also to do. The techniques in all our learning programmes is the industry best practices and you can be assured that it is the fastest, safest way of performing that specific application in your working environment. Our training policies include a comprehensive learner support process to ensure thorough special-needs accommodation for learners and employers. Through our hands-on-training approach on site we can ensure maximum student participation with more realistic training which can be applied in the workplace. All our programmes are unit standards based and are NQF (National Qualification Framework) aligned and approved via a complete Total Quality Management System, endorsed by SETQA (Services Education Training Quality Assurance) and SAQA (South African Qualifications Authority).

Our Certificate of Competence is issued with the approval of the Institute for Work at Height and endorsement by the Services SETA and promotes legislative training as required by the SAQA Act of 1995. Our slogan COMPETENCE AT HEIGHT, CONFIDENCE AT WORK ™ is our vision to empower the individual to work safely at heights.

#### VISION

We aim to become Africa's leader in safe working-at-height training by taking our quality hands on training to the client.

#### **MISSION**

The delivery of high quality, accredited, outcomes-based, hands-on, cost effective, safe working-at-height training solutions in a simulated working environment through a network of approved Heightsafety providers qualifying learners with life-long skills transfer to be able to perform their job functions effectively in any region.

### WE CAN BOAST ABOUT THE FOLLOWING RECENT ACHIEVEMENTS:

- » Assisted with the drafting of the work at height guidelines though the IWH
- » Successful training programmes with satisfied customers have been presented in the following Countries: Kenya, Angola, Rwanda, Democratic Republic of Congo, Tanzania, Sudan, Nigeria, Uganda, Rwanda, Botswana, Mozambique, Malawi, Kosovo and Abu Dhabi.
- » We have trained and uploaded over 40 000 learners to the National Qualifications frame work in the past four years.
- » We assisted with the drafting of the working at height unit standards and are involved with the professional body for working at height on Executive level.
- » We were the first accredited SETA (Sector Education Training Authority) that may present Outcomes Based Education and Training for safe working-at-height in South Africa.

## HEIGHTSAFETY

#### **LEARNING PROGRAMMES AVAILABLE**

CODE PROGRAMME NAME & DESCRIPTION DURATION ENTRY REQUIREMENTS REG. ASS. CER. PG

TRA001	BASIC FALL ARREST TECHNICIAN	1 Day	Medical Certificate	V	$\overline{\mathbf{V}}$	V	2
	US ID 229998		Certified ID Copy				
	Explain and perform fall arrest techniques when working at height						
TRA002	FALL ARREST TECHNICIAN	3 Days	Medical Certificate	$\overline{\mathbf{V}}$	$\overline{\mathbf{V}}$	$\overline{\mathbf{V}}$	3
	US ID 229998: Explain and perform fall arrest techniques when working at height		Certified ID Copy				
	US ID 229995: Install, use and perform basic rescues from fall arrest systems and implement the fall protection plan.						
TRA003	FALL ARREST SUPERVISOR	5 Days	Medical Certificate	<b>V</b>	V	V	4
	US ID 229994: Assess a work site for work		Certified ID Copy				
	at height and prepare a fall protection plan		• FAT Level 2 Certificate - US ID				
	US ID 229999: Perform a range of advanced rescues		229998 & 229995				
TRA004	FALL PROTECTION PLANNER	3 Days	Medical Certificate	V	$\overline{\mathbf{V}}$	$\overline{\mathbf{V}}$	5
	US ID: 229994		Certified ID Copy				
	Assess a work site for work at height and prepare a fall protection plan		• Fall Arrest Technician Level 2 Certificate - US ID 229998 & 229995				
<b>TD 1005</b>		0.5	• CV				_
TRA005	FALL ARREST RESCUE CO-ORDINATOR	3 Days	Medical Certificate     Cortified ID Conv.	V	V	V	6
	US ID: 229999		Certified ID Copy     FAT Level 2 Certificate - US ID				
	Perform a range of advanced rescue		229998 & 229995				
			• CV & US ID 230000				

TRA006	ROPE ACCESS TECHNICIAN US ID 230000 Perform a limited range of rope access tasks and rescues	5 Days	<ul> <li>Fall Arrest Technician Level 1 - US ID: 229998</li> <li>Medical Certificate</li> <li>Certified ID Copy</li> </ul>	V	V	<b>V</b>	7
TRA007	ROPE ACCESS PRACTITIONER US ID 229996 Rig working ropes, undertake rescues and perform a range of rope access tasks	6 Days	<ul> <li>Fall Arrest Technician Level 1 - US ID: 229998</li> <li>Rope Access Technician Level 1 - US ID: 230000</li> <li>Medical Certificate</li> <li>Certified ID Copy</li> <li>1000 logged Rope Access Level 1 hours</li> <li>First Aid Level 1 Certificate</li> <li>CV</li> </ul>				8

CODE PROGRAMME NAME & DESCRIPTION DURATION ENTRY REQUIREMENTS REG. ASS. CER. PG

ROPE ACCESS LEARNING PROGRAMMES							
TRA008	ROPE ACCESS SUPERVISOR  US ID: 230001  Supervise rope access teams and perform advanced maneuvers and rescues  US ID: 229997  Select equipment and rig ropes for Rope Access projects	8 Days	<ul> <li>Rope Access Technician Level</li> <li>2 - US ID: 229996</li> <li>Medical Certificate</li> <li>Certified ID Copy</li> <li>CV</li> <li>1500 logged Rope Access Level</li> <li>2 hours</li> </ul>	$\square$	$\square$		9
			Valid First Aid Level 2 Certificate				

STEI	STEEL SCAFFOLD LEARNING PROGRAMMES						
TRA009	STEEL SCAFFOLD ERECTOR US ID: 263245 Erect, use and dismantle access scaffold	3 Days	<ul> <li>Medical Certificate</li> <li>Certified ID Copy</li> <li>Fall Arrest Technician Level 1 - US ID: 229998</li> </ul>	<b>V</b>	<b>V</b>	$\square$	10
TRA010	STEEL SCAFFOLD INSPECTOR US ID: 263205 Inspect access scaffolding after erection, alteration/repositioning and before dismantling	3 Days	<ul><li>Medical Certificate</li><li>Certified ID Copy</li><li>US ID 263245</li></ul>				11

RIGGING LEARNING PROGRAMMES						
TRA013	WORK AT HEIGHT RIGGING TECHNICIAN Performing rigging, slinging, lifting and lowering, cross hauling, transporting equipment diagonally and horizontally techniques using rigging equipment while working at height in a fall arrest or rope access environment	3 Days	<ul> <li>Medical Certificate</li> <li>Certified ID Copy</li> <li>Fall Arrest Technician Level 2 Certificate - US ID 229998 &amp; US ID 229995</li> </ul>			12

RESCUE SYSTEM ORIENTATION TRAINING							
TRA014	SNATCHER RESCUE KIT INDUCTION TRAINING Perform remote fall arrest rescues using the Snatcher rescue kit. 1 day equipment induction	5 Hours	<ul> <li>Fall Arrest Technician Level 2         Certificate - US ID 229998 &amp;         US ID 229995</li> <li>Medical Certificate</li> <li>Certified ID Copy</li> </ul>			13	

# HEIGHTSAFETY TRAINING ACADEMY | 2015/16 KNOWLEDGE POSTERS

## ON SALE NOW



**®** KNOW YOUR HEIGHT SAFETY ™ POSTERS



**®** KNOW YOUR ROPE ACCESS ™ POSTERS



For more information please contact our call centre **086 112 7749** or send us a mail at training@heightsafety.co.za www.heightsafety.co.za

# FALL ARREST LEARNING PROGRAMMES





- BASIC FALL ARREST TECHNICIAN
  US ID: 229998
- FALL ARREST TECHNICIAN
  US ID: 229998 & 229995
- FALL ARREST SUPERVISOR
  US ID: 229994 & 229999
- FALL PROTECTION PLANNER
  US ID: 229994
- FALL ARREST RESCUE TECHNICIAN
  US ID: 229999













**UNIT STANDARD ID: 229998** 

Explain and perform fall arrest techniques when working at heights



#### WHO NEEDS THIS COURSE

- » Any person working higher than two meters above the ground, where the possibility of a fall exists.
- » Workers who require a very basic understanding of how to work safely at height and who will be supervised at all times.
- Unskilled and uneducated learners who have special needs in terms of learning, writing and language barriers.

#### **DURATION**

1 day of training and assessment

#### **MINIMUM NUMBER OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

- » Use and explain the limitations of a limited range of fall arrest equipment
- » Inspect and assemble fall arrest equipment
- » Select suitable anchor points
- » Use a double leg lanyard
- » Use pre-installed vertical and horizontal lifelines

#### **ENTRY REQUIREMENTS**

- » Medical certificate
- » Certified Copy of ID

NOFIEVE

NUFLEVEL	1
CREDITS	2





**UNIT STANDARD ID: 229998** 

Explain and perform fall arrest techniques when working at heights

**UNIT STANDARD ID: 229995** 

Install, use and perform basic rescues from fall arrest systems and implement the fall protection plan.



- » The Fall Arrest Technician course Level 2 is aimed at small working teams (such as the telecoms industry, the power distribution industry and technical rigging industry) that need to use a combination of fall arrest systems, install their own temporary systems and perform their own rescues if required.
- » Small teams using this course can only operate without supervision if a risk assessment, a fall protection plan and worksite procedure is in place.

#### **DURATION**

3 days of training and assessment

#### MINIMUM NUMBER OF CANDIDATES

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

- » Use a range of items of fall arrest equipment
- » Tie 4 basic rope knots
- » Install and use temporary fall arrest systems
- » Inspect and assemble fall arrest equipment and systems
- » Interpret and implement the fall protection plan
- » Perform basic fall arrest rescues
- » Briefly explain suspension trauma

- » Use and explain the limitations of a limited range of fall arrest equipment
- » Inspect and assemble fall arrest equipment
- » Select suitable anchor points
- » Use a double leg lanyard
- » Use pre-installed vertical and horizontal lifelines

#### **ENTRY REQUIREMENTS**

- » Medical certificate
- » Certified Copy of ID

NQF LEVEL 2

CREDITS 3







#### **UNIT STANDARD ID:**

229994: Assess a Worksite for work at height and prepare a fall protection plan

229999: Perform a Range of Advanced Fall Arrest Rescues



#### WHO NEEDS THIS COURSE

- The Fall Arrest Supervisors Learning program is aimed at persons who have to supervise large working groups of people that have successfully completed the Basic Fall Arrest Technician Course.
- » After completing this learning program a Fall Arrest supervisor will be able to: plan for working at height, compile all required documentation (such as a risk assessment and fall protection plan) and be able to: rescue an unconscious victim in a fall arrest situation.

#### **DURATION**

5 days of training and assessment

#### MINIMUM NUMBER OF CANDIDATES

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

- » Perform a risk assessment of the work site for all hazards
- » Demonstrate knowledge of fall arrest rescue equipment and advanced rescues
- » Develop a fall protection plan and fall plan
- » Ensure the safety of personnel working at height
- » Explain the principles of fall arrest rescue and perform rope manoeuvres
- » Select equipment for advanced fall arrest rescues
- » Explain the requirements for equipment inspections
- » Conduct fall arrest rescues

#### **ENTRY REQUIREMENTS**

- » Medical certificate
- » Certified Copy of ID
- » Fall Arrest Technician Level 2 US ID 229995 & 229998

NQF LEVEL	4	
CREDITS	7	



TRA004

#### **UNIT STANDARD ID: 229994**

Assess a worksite for working at height and prepare a Fall Protection Plan



#### WHO NEEDS THIS COURSE

Any person who has to compile a fall protection plan for working at height.

#### **DURATION**

3 days of training and assessment

#### **MINIMUM OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have less than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

- » Perform a risk assessment of the worksite where work is to be done at height.
- » Demonstrating knowledge of fall arrest rescue equipment and advanced fall arrest rescue.
- » Developing a fall protection plan and fall arrest plan.

#### **ENTRY REQUIREMENTS**

» Medical certificate

**CREDITS** 

- » Certified Copy of ID
- » Fall Arrest Technician Level 2 US ID 229998 & 229995

NQF LEVEL 4

3



**UNIT STANDARD ID: 229999** 

Perform a Range of Advanced Fall Arrest Rescues



#### WHO NEEDS THIS COURSE

» Any person who has to perform technical post fall arrest rescues.

#### **DURATION**

3 days of training and assessment

#### **MINIMUM NUMBER OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

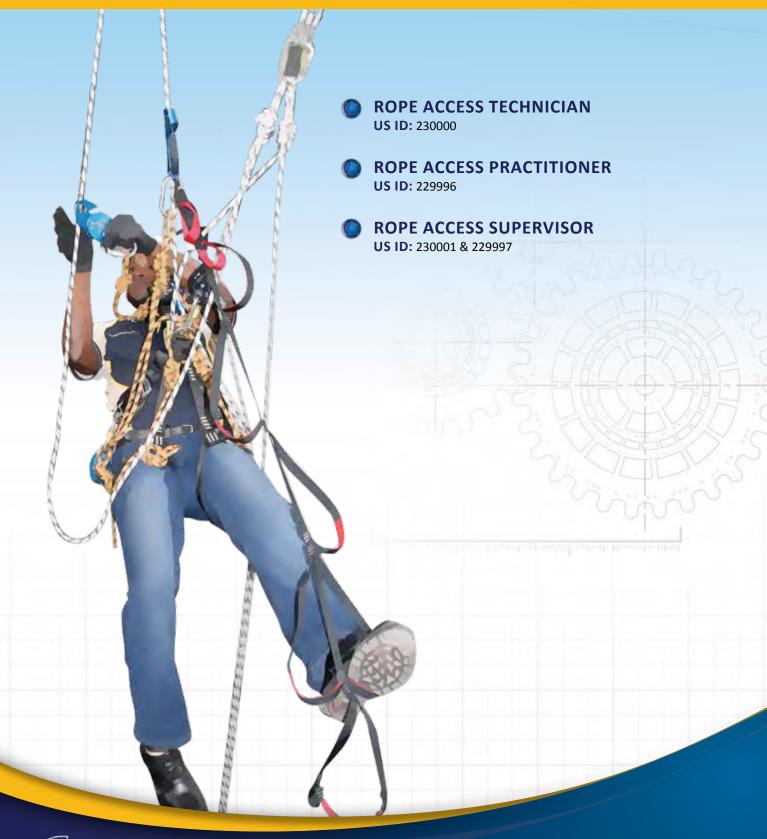
- » Explain the principles of fall arrest rescues and perform rope manoeuvres.
- » Select equipment for advanced fall arrest rescues.
- » Explain the requirements for equipment inspections.
- » Conduct fall arrest rescues.

- » Medical certificate
- » Certified Copy of ID
- » Fall Arrest Technician Level 2 US ID 229995 & 229998
- » Rope Access Technician Level 1 US ID 230000

NQF LEVEL	4
CREDITS	4

# ROPE ACCESS LEARNING PROGRAMMES

















**UNIT STANDARD ID: 230000** 

Perform a limited range of rope access tasks and rescues



#### WHO NEEDS THIS COURSE

- » Any person who would like to perform work while physically hanging on a rope, instead of using scaffolding, elevated platforms and or ladders will find this course very useful.
- » The Rope access level 1 covers all aspects of industrial rope access techniques on an entry level.

#### **DURATION**

5 days of training and assessment

#### **MINIMUM NUMBER OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

- » Prepare for rope access and assemble personal rope access equipment.
- » Explain and tie basic rope knots.
- » Perform basic rope access manoeuvres safely on a pre-rigged double rope systems/course.
- » Perform basic rope access rescue manoeuvres on pre-rigged double rope systems and explain the role of the team.
- » Maintain personal rope access equipment.

#### **ENTRY REQUIREMENTS**

- » Medical certificate
- » Certified Copy of ID
- » Fall Arrest Technician Level 1 US ID 229998

NQF LEVEL	2	
CREDITS	6	





#### **UNIT STANDARD ID: 229996**

Rig Working ropes, undertake rescues and perform a range of rope access tasks



#### WHO NEEDS THIS COURSE

- » Any person who has successfully completed the Rope Access Level 1 course and who would like to increase his scope of work as a rope access technician.
- » The rope access level 2 course is the stepping stone towards the rope access level 3 supervisor course.

#### **DURATION**

6 days of training and assessment

#### **MINIMUM NUMBER OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to::

- » Rig ropes for work and rescue situations using relevant knots.
- » Perform rope manoeuvres.
- » Perform rescues.
- » Maintain and inspect rope access equipment.
- » Demonstrate knowledge of worksite organisation.
- » Apply knowledge of the legal and safety requirements to different worksites.

- » First Aid Level 1 (Valid)
- » Medical certificate
- » Certified Copy of ID
- » 1000 logged hours Rope Access Level 1 Technician
- » Rope Access Technician Level 1 US ID 230000 & 229998

NQF LEVEL	3
CREDITS	6





#### **UNIT STANDARD ID:**

230001: Supervise rope access teams and perform advance manoeuvres and rescues.

229997: Select equipment and rig ropes for rope access projects



» Any person who would supervise rope access teams and plan for rope access projects.

#### **DURATION**

This is a 8 day learning program that assists the learners with the completion of a portfolio of evidence.

#### MINIMUM NUMBER OF CANDIDATES

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to:

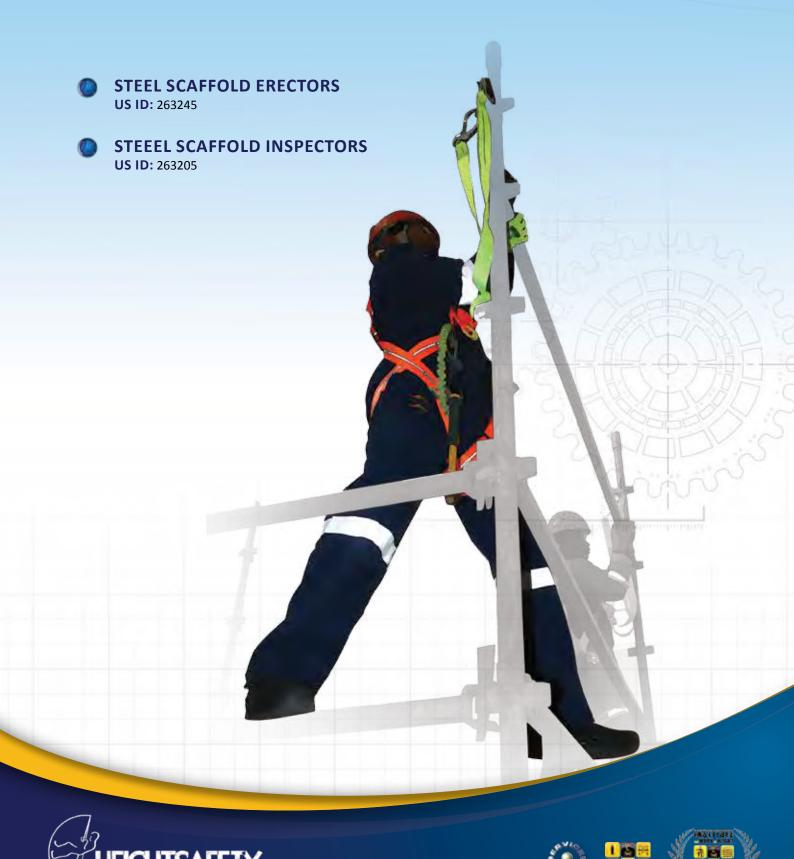
- » Perform advanced rope access manoeuvres.
- » Perform advanced rescues from any position.
- » Organise worksite in accordance with legal and safety requirements.
- » Organise work sites and work projects.
- » Supervise rope access work teams.

- » First Aid Level 1 (Valid)
- » Medical certificate
- » Rope Access Technician Level 2 US ID 229996
- » Certified copy of ID
- » 1 500 logged hours as a Rope Access Level 2 Technician

NQF LEVEL	4
CREDITS	6

# STEEL SCAFFOLD LEARNING PROGRAMMES









**UNIT STANDARD ID:** 263245

Erect, use and dismantle access scaffold



#### WHO NEEDS THIS COURSE

» Any Person who needs to erect steel scaffolding to access their working area.

#### **DURATION**

3 days

#### **MINIMUM NUMBER OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After successful assessment has been completed candidates will be able to

- » Interpreting basic drawings and instructions for the erection of access scaffolding.
- » Coordinating resources for the erection of access scaffolding.
- » Erecting and using access scaffolding.
- » Dismantling access scaffolding.

#### **ENTRY REQUIREMENTS**

- » Medical certificate
- » Certified Copy of ID
- » Fall Arrest Technician Level 1 US ID 229998

NQF LEVEL	3
CREDITS	5





**UNIT STANDARD ID:** 263205

Inspect access scaffolding



» Any person who has to inspect and certify steel access scaffolding safe for use.

#### **DURATION**

3 Days

#### **MINIMUM NUMBER OF CANDIDATES**

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After Successful assessment has been completed the candidates will be able to:

- » Demonstrating an understanding of different types of access scaffolding, applications and compliance.
- » Explaining the role and responsibilities of the inspector.
- » Reading and interpreting drawings, client requirements and other specifications.
- » Inspecting and handing over access scaffolding.

- » Medical certificate
- » Certified Copy of ID
- » Fall Arrest Technician Level 2 US ID 229995
- » Steel Scaffold Erector US ID 263245

NQF LEVEL	4
CREDITS	6

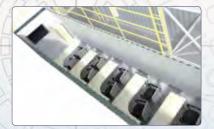


# HEIGHTSAFETY TRAINING | WORK AT HEIGHT MOBILE TRAINING | CENTRE



A fully integrated real world simulator including installed lifelines, ladders and catwalks on the outside of the centre. This provides a realistic training environment to prepare the trainee for whatever situation may present itself in the workplace

**CLASSROOM** CONTAINER



**VERTICAL SUPPORT** 



STORAGE & TOILET



**ACCESS LADDERS** 



**OVERHEAD BRIDGE** 



**INTERNAL SCAFFOLD** 



For more information please contact our call centre **086 112 7749** or send us a mail at training@heightsafety.co.za www.heightsafety.co.za

# RIGGING AND SLINGING LEARNING PROGRAMMES



WORK AT HEIGHT RIGGING
US ID: 253582(Aligned)













**UNIT STANDARD ID: 253582** 

Lift and move a load using manual lifting equipment and tackle



#### WHO NEEDS THIS COURSE

» Any person who requires using manual rigging techniques and equipment while working at height.

#### **DURATION**

5 days plus work place experience assignment.

#### MINIMUM NUMBER OF CANDIDATES

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After Successful assessment has been completed the candidates will be able to:

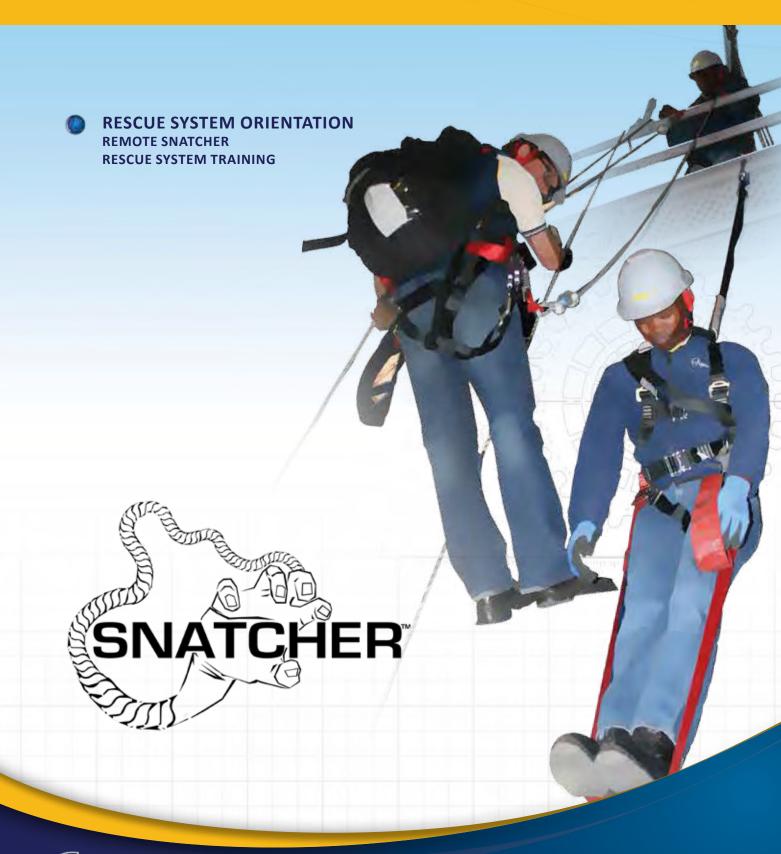
- » Identify and explain the application of lifting equipment.
- » Plan and prepare to lift and move the load.
- » Use lifting equipment to lift and move the load.
- » Maintain, care and store equipment.

- » Fall Arrest Technician Level 2: Unit standard 229995 and / or Rope Access Technician Level 1: Including Unit Standards 230000 and 229998.
- » Medical certificate
- » Certified Copy of ID

NQF LEVEL	2
CREDITS	8

# RESCUE SYSTEM ORIENTATION TRAINING















### **RESCUE SYSTEM ORIENTATION**

**TRAINING** 

TRA014

#### **REMOTE SNATCHER RESCUE SYSTEM**

**Orientation Training** 



#### WHO NEEDS THIS COURSE

» Any person who requires using the Snatcher Remote Rescue kit in their working area.

#### **DURATION**

5 Hours

#### MINIMUM NUMBER OF CANDIDATES

If you have ten (10) learners we can assist with your own training date. If you have fewer than 10 leaners, please book on our annual training calender.

#### **BENEFITS OF THIS TRAINING**

After Successful assessment has been completed the candidates will be able to:

- » Identify components, inspect and prepare the Snatcher rescue kit.
- » Lift and lower a rescue load
- » Preform a remote Fall Arrest rescue in lift and lower.
- » Set up a diagonal cable way for transporting a rescue load
- » Perform a remote fall arrest rescue with a combination of lift and lower and diagonal cable way.

- » Fall Arrest Technician Level 2: US ID 229995 & 229998
- » Medical certificate
- » Certified Copy of ID

NQF LEVEL	None
CREDITS	None



### **HEIGHTSAFETY TRAINING ACADEMY**

### **CATALOGUE 2017/18**



For more information, please contact

#### **HEAD OFFICE** -

Unit A5 & A6, Tillbury Business Park, 1030 Sixteenth St, Midrand, Gauteng, South Africa

Tel: +27(0)86 112 7749 Fax: +27(0)11 314 2733

Mail: training@heightsafety.co.za

#### - GHANA -

4 Addis Ababa St, East Lagon, Accra, Ghana

Tel: +233 26 300 0150

Mail: alan@mpinfrastructure.com

#### - NIGERIA -

Kilometer 3 Lagos-Epe Expressway, Opposite Eleganza Estate, Lekki-Ajah, Lagos, Nigeria

Tel: +234 807 649 0738 Mail: ander@heightsafety.co.za

Accreditation Number: 2246





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