



NAME: BASICS OF SAFETY REQUIREMENTS IN WORKING AT HEIGHT

MC CODE:SSD/M0110

VERSION:1.0

NSQF LEVEL:2



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MC Description

The Micro Credential deals with challenges & risks related to working at height, measures to reduce the risks, safety precautions to be taken and personal protective equipment to be used while working at height. It also explains the various causes, situations and negligence which lead to accidents with regulations associated with working at elevated positions.

Parameters

Developed by	:	Safety Skill Development Foundation
MC Code	:	SSD/M0110
MC name	:	Basics of Safety Requirements in Working at Height
NSQF Level	:	2
Used by Sectors	:	Education, Training & Research; Construction, Infrastructure, Real estate, Iron & Steel, Mining, Logistics, Hydrocarbon and others
Occupation	:	Construction Engineering & Management
Country	:	India
Minimum Job Entry Age	:	NA



Minimum Educational Qualification & Experience	:	8th grade pass
Training Duration	:	Training – 7.5 hours and Assessment – 0.5 hours
NSQC Approval Date	:	08-05-2025
Next Review Date	:	08-05-2028
Version	:	1.0
Reference code on NQR	:	NM-02-ET-04313-2025-V1-SSDF
NQR Version	:	1.0



Scope

- Challenges & risks associated while working at height.
- Measures to reduce the risks and safety precautions to be taken.
- Use of personal protective equipment while working at height.
- Probable situations, causes & negligence leading to accidents in working at height and rescue plans in case of any emergency.
- Regulations associated with working at elevated platforms/position.

Performance Criteria

The certified professional on this MC will be able to understand:

- PC1.** Define risks and challenges & risks associated while working at height or on at elevated platform.
- PC2.** Identify safety measures and precautions to be taken for working at height or at an elevated platform to mitigate risks & dangers.
- PC3.** Explain precautions to be taken while going up to elevated platform and while coming down, using stairs or lifts.
- PC4.** Enumerate PPEs to be used while working at height and demonstrate their use and use of fall protection systems, including guardrails, safety nets.
- PC5.** Define measures while working at height to reduce the risks to other persons working below.
- PC6.** Demonstrate Safety measures and precautions at the ground level where work is progressing at height.



- PC7.** Identify and enumerate causes, negligence and situations which normally lead to or may lead to accidents.
- PC8.** Explain the reporting of any shortcomings, danger or incidents observed while working at height.
- PC9.** Explain how to judge the stability of elevated platform visually while beginning the work
- PC10.** Explain & enumerate the steps to be taken in rescue measures in case of any incident or emergency.
- PC11.** Identify the provisions as per associated regulations with working at elevated platform/position.
- PC12.** Recognize health conditions incompatible with work at height, including:Vertigo, dizziness, balance disorders; Uncontrolled epilepsy or seizures; Uncontrolled hypertension ;Severe cardiovascular conditions; Visual impairments; Respiratory disorders;Psychological conditions; Musculoskeletal disorders; Diabetes; Use of medications causing drowsiness, delayed reaction, or cognitive impairment
- PC13.** Follow organizational procedures for:Medical screening prior to assignment of work at height & Regular health check-ups based on job risk level.
- PC14.** Identify and strictly avoid working at height under unsafe conditions:Adverse Weather Conditions;Poor Visibility;Unsafe or Unstable Surfaces;Lack of Proper Fall Protection;Defective Access Equipment;Missing Work Permits or Approvals;Inadequate Supervision and Competency;Nearby Electrical Hazards;Incomplete Risk Assessment and Rescue Plan

Knowledge and Understanding (KU)

The certified professional on this MC will be able to know and understand followings:

- KU1.** Risks and dangers associated while working at height or on at elevated platform.
- KU2.** Proper use of PPEs, including harnesses, lanyards, helmets, and other safety gear fall protection systems, guardrails, and safety nets.
- KU3.** Measures and precautions to be taken while going up to elevated platform, coming down and using the platform.
- KU4.** Causes, negligence, and situations which normally lead to or may lead to accidents.
- KU5.** Regulations associated with working at elevated positions & their provisions.
- KU6.** Reporting procedure and emergency rescue measures in case of any incident or dangers
- KU7.** Know and understand importance of physical and mental fitness for safe work at height and Common medical conditions that pose a risk during height work



- KU8.** Know and understand the purpose and frequency of pre-employment and periodic medical check-ups
- KU9.** Know and understand: Environmental and operational hazards; consequences of working without proper fall protection; and dangers of using defective ladders, scaffolds, or MEWPs
- KU10.** Know and understand need for valid work-at-height permits and competent supervision; Electrical risks near overhead lines or energized equipment.
- KU11.** Know and understand Importance of a site-specific risk assessment and rescue plan before starting work. Procedures to stop work and report unsafe conditions immediately

Generic Skills (GS)

The certified professional on this MC should know followings for better performance:

- GS -1 Reading and writing in the language of communication.
- GS -2 Effective verbal communication in the local language.
- GS -3 Mathematics and utilizing Analysing processes & tools.
- GS -4 Planning, organizing, and optimizing resources and utilizing planning and monitoring tools, as well as operating software
- GS-5 Administration, decision making, and conflict resolution.
- GS -6 Understanding of rules & regulations and adherence to instructions
- GS -7 Understanding safety measures and adhering to safety protocols.
- GS-8 Demonstrating professional behaviour when interacting with co-workers and employees.
- GS -9 Proper utilization of personal protective equipment.



Assessment Criteria

Performance Criteria	Theory marks	Practical marks	Project Marks	Viva marks	Total marks
PC-1: Define risks and challenges & risks associated while working at height or on at elevated platform.	3	4	-	-	7
PC-2: Identify safety measures and precautions to be taken for working at height or at an elevated platform to mitigate risks & dangers.	3	5	-	-	8
PC-3: Explain precautions to be taken while going up to elevated platform and while coming down, using stairs or lifts.	3	4	-	-	7
PC-4: Enumerate PPEs to be used while working at height and demonstrate their use and use of fall protection systems, including guardrails, safety nets.	3	4	-	-	7
PC-5: Define measures while working at height to reduce the risks to other persons working below.	3	5	-	-	8
PC-6 : Demonstrate Safety measures and precautions at the ground level where work is progressing at height..	3	4	-	-	7
PC-7: Identify and enumerate causes, negligence and situations which normally lead to or may lead to accidents.	3	4	-	-	7
PC-8: Explain the reporting of any shortcomings, danger or incidents observed while working at height.	3	4	-	-	7
PC-9: Explain how to judge the stability of elevated platform visually while beginning the work	3	4	-	-	7
PC-10: Explain & enumerate the steps to be taken in rescue measures in case of any incident or emergency.	3	4	-	-	7
PC: 11 Identify the provisions as per associated regulations with working at elevated platform/position.	3	4	-	-	7
PC 12 Recognize health conditions incompatible with work at height, including:Vertigo, dizziness, balance disorders; Uncontrolled epilepsy or seizures; Uncontrolled hypertension ;Severe cardiovascular conditions; Visual impairments; Respiratory disorders;Psychological conditions;	3	4	-	-	7



Musculoskeletal disorders; Diabetes; Use of medications causing drowsiness, delayed reaction, or cognitive impairment					
PC 13 Follow organizational procedures for:Medical screening prior to assignment of work at height & Regular health check-ups based on job risk level.	3	4	-	-	7
PC 14 Identify and strictly avoid working at height under unsafe conditions:Adverse Weather Conditions;Poor Visibility;Unsafe or Unstable Surfaces;Lack of Proper Fall Protection;Defective Access Equipment;Missing Work Permits or Approvals;Inadequate Supervision and Competency;Nearby Electrical Hazards;Incomplete Risk Assessment and Rescue Plan	3	4	-	-	7
MC Total Marks	42	58	-	-	100

Guidelines for Assessment

- The assessment criteria given is for Micro credential “Basics of Safety Requirements in Working at Height”
- Assessments can be carried out offline as well as online and shall be carried out by SSDF only.
- Questions will be formed in such a way as to provide an outcome on maximum Performance Criteria.
- The assessment will be of half an hour duration and will be based on multiple choice questions created / approved by the SSDF.
- The certificate on MC will be issued to successful candidates who score 50% or more than 50%.

Acronyms

SSDF	Safety Skill Development Foundation
NCVET	National Council for Vocational Education and Training
NSQF	National Skill Qualifications Framework



MC	Micro Credential
NOS	National Occupational Standards
QP	Qualification Pack

Glossary

Key Words	Description
Safety Skill Development Foundation (SSDF)	An Awarding Body recognized by NCVET, Ministry of Skill Development & Entrepreneurship, Government of India.
NCVET (National Council for Vocational Education and Training)	Regulatory Authority of Government of India for Vocational Education and Training.
NSQF (National Skill Qualifications Framework)	National Skill Qualifications Framework is a framework under which skills are categorized from level 1 to 10.
Sector	Sector is conglomeration of different business operations having similar business and interests.
Sub-Sector	Sub-Sector is further breakdown of Sector based on the characteristics and business components.
Occupation	Occupation is a set of job roles requiring similar/related competencies in the industry.



Job role	Job role is a set of functions required to get an employment opportunity in the industry and perform a task as per industry norms.
Qualifications Pack (QP)	Qualifications Pack comprises the set of Occupational Standard, required to perform a job role and is assigned a unique qualification pack code.
National Occupational Standards (NOS)	NOS are Occupational Standards in the Indian context and approved by NCVET.
Micro Credential (MC)	A coherent set of skills, knowledge, and learning outcomes, needed by industry, employers, Government, or the community.
Performance Criteria (PC)	Performance Criteria are statements specifying the standard of performance required when carrying out a task.
Knowledge and Understanding (KU)	Knowledge and Understanding (KU) are statements which together specify the technical, professional, and organizational specific knowledge that an individual, needs to perform to the required standard.
Generic Skills (GK)	Generic Skills are a group of skills typically needed in general to perform the task.
MC/NOS/QP Codes	MC/NOS/QP codes are unique identifier codes for MC/NOS/QP which starts from M/N/Q respectively