Assessment Guide

Basics of Safety requirements in working at height

NSQF Level – 2

Sector: Cross Sectoral

Occupation: Construction Engineering & Management

MC Code: SSD/M0110

Version: 1.0

Table of Content

Micro Credentials Structure

To achieve full certification as Basics of Safety requirements in working at height, trainees must complete all 2 units and pass assessments. The assessments will comprise of theory & practical tests.

Sl. no	Unit No.	Title	Assessment method
001	Module 1	Fall Prevention and Equipment Selection	The assessment will be conducted to evaluate the competencies acquired by the trainee in terms of skills, knowledge, and understanding related to fall prevention and the selection of appropriate safety equipment for working at height in industrial and workplace settings. It will focus on the trainee's ability to identify work-at-height hazards, assess fall risks, and understand the potential consequences of falls such as serious injury or fatality. The assessment will be based on theory, viva- voice or practical.
002	Module 2	Fall Safety Procedures and Measures	The assessment will be conducted to evaluate the competencies acquired by the trainee in terms of skills, knowledge, and understanding related to fall safety procedures and protective measures in industrial and workplace settings. It will focus on the trainee's ability to identify fall hazards associated with working at height, including unprotected edges, unstable working platforms, improper use of ladders

			and scaffolds, and adverse environmental conditions. The assessment will be based on theory, viva- voice or practical.

Guidance for assessors

This Micro Credential provides the performance criteria, skills and knowledge required to perform for the job role of Basics of Safety requirements in working at height at NSQF Level 2. The role is referred to as 'Basics of Safety requirements in working at height.

Brief 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.

Personal attributes: He/She should be physically & mentally fit and should be able to provide design advice on the suitability of specialized scaffolds to meet the health and safety requirements regarding design and technical advice on scaffolding works.

Introduction to assessments:

The assessment will be made based on the competencies required by the trainees to perform the job role of Basics of Safety requirements in working at height. The assessment will be based on understanding, practical demonstration and on the job, training as defined in the performance criteria & practical skill defined in the Micro Credential. The trainees will be required to complete a number of assignments to show their skills & understanding of the subject through theory, demonstration and practical performances.

Grading and pass percentage

1. The assessment consists of two categories:
    a. Practical Assessment – to assess the practical performance skills.
    b. Theory Assessment – to assess knowledge & understanding of the domain.

2. The weightage of the assessment will be:
   a. Practical Assessment – 50%
   b. Theory Assessment – 50%
3. Performance Criteria (PC) has been assigned marks proportional to its importance. Proportion of marks for Theory and Practical has been marked PC wise.
4. Questions on practical & theory will be formed in such a way as to provide an outcome on maximum Performance Criteria and in proportional way within the MC.
5. The assessment for the theory part will be based on written questions (short questions, multiple choice & viva, or a combination of them) created/approved by the SSDF.
6. The assessment for the practical part will be based on practical conducted for trainees. In case of remote/on-line assessments, the practical's can be carried through proctors or practical questions formulated based on pictorially represented logical questions (based on pictures of practical & logical steps) created/approved by the SSDF.
7. The certificate on MC will be issued to successful candidates who score 50% or more than 50%
8. Any candidate can ask for re-assessment in the MC to improve his/her performance within three months from the date of publication of the results and after payment of the assessment fee. But if any candidate wants re-assessment after three months from the date of publication of results, he/she will have to appear in the micro credential.

2.1 Performance/Skill Assessments

The performance/skill assessment will be conducted through demonstration/practical.

Module 1: Fall Prevention and Equipment Selection

The trainee should demonstrate the ability to recognize fall hazards present or likely to be encountered in the workplace by examining site conditions, work at height activities, structural layouts, and access systems. This includes identifying risk areas such as open edges, unprotected platforms, scaffolds, ladders, roofs, fragile surfaces, and elevated work locations where a fall could occur.

The trainee must classify fall risks based on their nature and severity, considering factors such as working height, surface stability, environmental conditions (e.g., wind, rain, poor lighting), frequency of exposure, and the presence or absence of collective and personal fall protection systems.

Module 2: Fall Safety Procedures and Measures

The trainee should demonstrate the ability to recognize situations involving work at height by examining workplace conditions, structures, and operational environments. This includes identifying activities performed on ladders, scaffolds, roofs, platforms, towers, and elevated work areas where there is a risk of falling from height.

The trainee must classify fall hazards based on their nature and severity, including unprotected edges, unstable working surfaces, improper access systems, fragile surfaces, and the absence or failure of fall protection systems

Performance/Skill Assessments

The assessment will be conducted in a simulated working environment. Due to this fact, the assessors must note that the naturally occurring evidence of competence is unavailable or infrequent. Simulation must be undertaken in a Realistic Working Environment which provides an environment that replicates the key characteristics of the workplace in which the skill to be assessed is normally employed.

Scheduling the practical observations is flexible but to retain integrity of the assessment, they should be conducted as closely as possible to the written assessments.

Trainees are not permitted to use the observation checklist to work when completing the practical tasks but may familiarize themselves with it prior to an assessment.
It will be beneficial to take trainees through what is required in the practical assessments and the way in which each part will be graded. Trainees should have an opportunity to familiarize themselves with the way the tasks are graded.

Trainees may refer to their faculty for guidance on parts of the practical assignments only, though they

should be aware that, especially for the practical assessments, the amount of guidance and support they are given may be reflected in the feedback and performance.

Knowledge Assessment

Synoptic test is an MCQ (Multiple Choice Question) test to assess the underpinning knowledge. The synoptic MCQ tests are externally set and externally marked.

This test is to be taken by the trainee after completion of all the units under controlled and invigilated conditions as closed-book test under the supervision of an assessor. Trainees can only achieve whole marks; half marks for partially answered questions are not permitted. Selection of two or more options will be marked as wrong.

The answers should be marked by pen only. The test may be conducted by the assessor in the oral mode, if required, considering the lack of reading and comprehending acumen (skills) of trainees. In such cases, the assessor will mention it on top of the MCQ submitted.

Grading criteria for Performance/Skill Assessments

MC No.	Title	Performance & Knowledge Assessment	Assessment Marks	Min. Passing marks	Assessment Result (Total Passing Marks)
SSD/M0110	Basics of Safety requirements in working at height	0.5 hours	100	50%	50 marks or more than 50 marks- Pass; Less than 50 marks- Fail

2.2 Viva Assessment

Trainees may be required to take the viva test for their theory or their practical observation test which is an extended part of the practical observation and assessment. The viva assessments are externally set and externally marked.

2.3 Question papers for synoptic test

The question paper of the synoptic test is a confidential document. It will be held under the custody of SSDF/Assessment Agencies. The assessment agencies can be permitted to prepare the question papers and get them approved from SSDF. The centers need to follow the indenting process to obtain the question paper to administer the test.

2.4 Authenticity

Centers are reminded to check for authenticity of work where trainees may be using texts and the internet to complete tasks.

2.5 Feedback

Assessors must provide feedback on every occasion when a skills observation takes place. A proforma for feedback is included in this assessment guide.

2.6 Trainee records of coursework

Trainees should be encouraged to keep their work carefully in a portfolio or scrapbook. This may be an unfamiliar form of record keeping for some, but it is a good discipline which will benefit them when they progress in their learning and training.

2.7 Assessment sheets

The assessment records will be maintained as per the assessment sheet given in this document.

2.8 Codes of practice

Safe working practices, health and safety and codes of practice associated with the industry must always be adhered to.

2.9 Health and safety

The requirement to follow safe working practices is an integral part of all assessments and it is the responsibility of centers to ensure that all relevant health and safety requirements are in place before trainees start practical assessments.

Should a trainee fail to follow health and safety practice and procedures during an assessment, the assessment must be stopped and the trainee be advised of the reasons. In case of doubts, guidance should be sought from the SSDF.

2.10 Verification of assignments

By using marking checklists, verifiers can check that evidence for an assignment is complete and can ensure that allocation of marks has been fair and beyond dispute.

2.11 Internal quality assurance

Approved centers must have effective quality assurance systems to ensure optimum delivery and assessment of qualifications.

Quality assurance includes initial center approval, Micro Credential approval and the Centre's own internal procedures for monitoring quality. Centers are responsible for internal quality assurance and SSDF and Assessment Agency are jointly responsible for external quality assurance.

Full details and guidance on the internal and external quality assurance requirements and procedures are provided by SSDF from time to time.

The Assessment Agencies are required to retain copies of trainees' assessment records and photographic evidence (in presence of trainee performing task) for three years after assessment. They can be asked by SSDF to provide these evidences as proof of assessment.

2.12 Evidence Collection by the Assessor

- The assessor needs to collect a copy of the attendance for the training done. The attendance sheet needs to be signed by the Training Centre Head.

- The Centre head also needs to declare that all the students appearing in the assessments have a minimum attendance of 70% for the training.
- The assessor needs to verify the authenticity of the candidate by checking the photo ID card issued by the institute as well as any one Photo ID card issued by the Central/ State Government.
- The same needs to be mentioned in the attendance sheet. Wherever required, the assessor can authenticate, and cross verify trainee's credentials in the enrollment form.
- The assessor needs to punch the trainee's roll number on all the final job pieces of learners. Different sections can have alpha numbering such as if a student's roll number is 123 then the three pieces submitted by that student can be numbered as 123a, 123b and 123c.
- The assessor needs to take a group photograph of all the students along with the assessor standing in the middle and with the Centre name/banner at the back, as evidence.
- The assessor needs to carry a camera to click photographs of the trainees working on the job and give theory exam as evidence with geo tagged, timestamp.
- The assessor also needs to carry a photo ID card.
- In the Assessment Evidence Form (provided after the practical marks sheet), the assessor should place the final photographic evidence in the space provided as evidence, from appropriate angles/sides of the final job piece submitted.

Trainee Guidance

Information for trainees

The assessment requires a trainee to perform a combination of tasks as given below:

The trainee will be required to demonstrate the occupational skills, knowledge, understanding and competencies mentioned in the Micro Credential.

Before the final assessments

The training partner (TP) will ensure that the trainees are ready for the assessment. The date and time

of assessment would be intimated by the SSDF.

The trainee is required to reach the assessment venue at the scheduled date and time. TP is required to circulate/download the information regarding the assessment to the trainee. Failure to reach the assessment venue for the theory or the practical test as per the schedule would be considered absent. In exceptional cases, an assessor can give a maximum of half an hour of concession time for late coming.

The trainee is required to carry their Institutes photo ID card as well as a government issued photo ID card for verification on all days of assessments.

Any misbehavior/unethical practice by a trainee would lead to disqualification of the trainee.

The first assessment will have the theory test followed by practical and may be viva in smaller batches. (20- 30 trainees)

Assessments

Assessments for the job role of Basics of Safety requirements in working at height are conducted to gauge and assess the trainees' competencies and professional expertise as well as their skill and knowledge in the specified job role for Basics of Safety requirements in working at height

During the practical task, trainees will be assessed on their workmanship, quality of finished products, time management, etc., based on the performance criteria (PC), knowledge and understanding and their professional and soft skills as specified in the Micro Credential. They will be graded for all their assessments based on the approved assessment strategy of the Micro Credential. The performance criteria checklist as a guide for all Micro Credential is given in Practical Observation Checklist. Assessment tools and sample set of practical, theory & viva questions for each MC, assessment evidence, overall summary, and MC wise summary are also listed.

Practical Observation Checklist

Basics of Safety requirements in working at height

1. Learner Name: _____2. Enrolment No: _____3. Centre:_____

Guidance to assessors:

1. The assessor must exhibit the observation checklist to the learners before the commencement of the practical and explain to them how the learners will be observed and graded during the practical assessment. However, the learners are not allowed to use the practical observation checklist during the assessment or task.
2. The assessor must ensure that all the tools listed in the "List of Tools" are made available by the center to every learner being assessed.

Performance Criteria	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC-1: Define risks and challenges & risks associated while working at height or on at elevated platform.	3	4	-	-
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	-	-
PC-3: Explain precautions to be taken while going up to elevated platform and while coming down, using stairs or lifts	3	4	-	-
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	-	-
PC-5: Define measures while working at height to reduce the risks to other persons	3	5	-	-

working below				
PC-6: Demonstrate Safety measures and precautions at the ground level where work is progressing at height	3	4	-	-
PC-7: Identify and enumerate causes, negligence and situations which normally lead to or may lead to accidents.	3	4	-	-
PC-8: Explain the reporting of any shortcomings, danger or incidents observed while working at height.	3	4	-	-
PC-9: Explain how to judge the stability of elevated platform visually while beginning the work	3	4	-	-
PC-10: Explain & enumerate the steps to be taken in rescue measures in case of any incident or emergency.	3	4		
PC: 11 Identify the provisions as per associated regulations with working at elevated platform/position.	3	4		
PC 12 Recognize health conditions incompatible with work at height, including: Vertigo, dizziness, balance disorders; Uncontrolled epilepsy or seizures; Uncontrolled hypertension; Severe	3	4		

cardiovascular conditions; Visual impairments; Respiratory disorders; Psychological conditions; 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		
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		
MC Total Marks	**42**	**58**	**-**	**-**

Tools, materials, and consumable list

List of Tools and Equipment

Batch Size: 30

S. No	Tools/Equipment Name	Specifications	Quantity for specified Batch Size

1.	Safety Helmet	Nos	2
2.	Full face shield	Nos	1
3.	Leather gloves	Nos	2
4.	Chemical resistant gloves	Nos	2
5.	Electrically insulated latex gloves	Box	2
6.	Reflective jackets	Nos	2
7.	Ear muffs	Nos	2
8.	Safety gumboots	Nos	2
9.	Safety shoes	Nos	2
10.	Safety belt	Nos	2
11.	Safety harness	Nos	1
12.	High visibility jackets	Nos	2
13.	Fall arrestor	Nos	1
14.	Fire extinguisher	Number	1
15.	Measuring Tape	set	2
16.	Fire Prevention kit	Number	1
17.	First Aid box	Number	1
18.	Safety Cone	Number	2
19.	Caution Boards	set	2
20.	Safety Sign Boards	Number	2

21.	Caution Tape	Number	2

Classroom Aids:

The aids required to conduct sessions in the classroom are:

1. Black/White board
2. Marker
3. Projector
4. Computer with relevant software

Assessment Method/Tools

SECTION: PRACTICAL (50 Marks)	
1	**Q1. Identify Work at Height Hazards (10 Marks)** **The trainee is required to inspect a simulated/actual worksite and:** • Identify at least five fall hazards (e.g., unprotected edges, damaged ladder, खुले openings, improper scaffolding). • Classify each hazard based on risk severity (low/medium/high). **Marks Distribution:** • Identification of hazards – 5 marks • Risk classification – 5 marks
2	**Q2. Inspection of Work at Height Equipment (12 Marks)** The trainee will inspect the following equipment: • Ladder / Scaffold / Safety Harness **Tasks:** • Check for defects, damage, and stability

	• Verify tagging/inspection status • Record observations **Marks Distribution:** • Equipment inspection accuracy – 6 marks • Identification of defects – 4 marks • Documentation/reporting – 2 marks
3	**Q3. Demonstration of Proper Use of Fall Protection (12 Marks)** **The trainee must:** • Wear and adjust a full body harness correctly • Demonstrate proper attachment of lanyard to anchor point • Show safe positioning while working at height **Marks Distribution:** • Correct wearing of PPE – 4 marks • Proper connection to anchor – 4 marks • Safe working posture/practice – 4 marks
4	**Q4. Safe Access and Egress Setup (8 Marks)** The trainee will: • Demonstrate safe use of ladder/scaffold access • Maintain three-point contact • Ensure ladder positioning (angle, base stability) **Marks Distribution:** • Safe climbing technique – 4 marks • Correct ladder/scaffold setup – 4 marks
5	**Q5. Implementation of Safety Measures (8 Marks)** The trainee is required to: • Identify and apply control measures such as guardrails, toe boards, safety nets • Ensure work area housekeeping and hazard control

	Marks Distribution: • Selection of control measures – 4 marks • Implementation/awareness – 4 marks
6	**Q6. Emergency Response for Fall Incident (8 Marks)** The trainee must: • Explain steps to be taken in case of a fall incident • Demonstrate basic rescue awareness and communication **Marks Distribution:** • Emergency response steps – 4 marks • Communication and safety awareness – 4 marks

SECTION: B [Multiple Choice Questions (42 Marks)]				
PC-1: Define risks and challenges & risks associated while working at height or on at elevated platform. (3 Marks)				
01	Q1. Which of the following is the most common risk while working at height?			
	☐	A. Noise exposure	☐	B. Falling from height
	☐	C. Chemical exposure	☐	D. Electrical shock
02	What is considered a major challenge while working on elevated platforms?			
	☐	A. Excess lighting	☐	B. Stable working surface
	☐	C. Limited balance and stability	☐	D. Easy access
03	Which factor increases the risk of falling while working at height?			
	☐	A. Proper guardrails	☐	B. Use of safety harness

	☐	C. Wet or slippery surfaces	☐	D. Adequate supervision
PC-2: Identify safety measures and precautions to be taken for working at height or at an elevated platform to mitigate risks & dangers. (3 Marks)				
04	Which of the following is a primary safety measure while working at height?			
	☐	A. Ignoring minor hazards	☐	B. Using a full body harness
	☐	C. Working alone	☐	D. Skipping inspection
05	What should be ensured before starting work at height?			
	☐	A. Work is done quickly	☐	B. Equipment is untested
	☐	C. Proper inspection of tools and equipment	☐	D. No supervision is required
06	Which precaution helps prevent falls from elevated platforms?			
	☐	A. Removing guardrails	☐	B. Using damaged ladders
	☐	C. Ensuring proper edge protection	☐	D. Standing on unstable surfaces
PC-3: Explain precautions to be taken while going up to elevated platform and while coming down, using stairs or lifts. (3 Marks)				
07	What is the safest practice while climbing stairs or ladders to an elevated platform?			
	☐	A. Carrying heavy tools in both hands	☐	B. Maintaining three-point contact
	☐	C. Running to save time	☐	D. Skipping steps

08	Which precaution should be followed while using lifts at the workplace?			
		A. Overloading the lift		B. Ignoring capacity limits
		C. Following load and passenger limits		D. Jumping inside the lift
09	What should be ensured while descending from an elevated platform?			
		A. Using mobile phone while walking		B. Holding handrails and moving carefully
		C. Rushing to finish work quickly		D. Carrying loose materials
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 Marks)				
10	Which of the following PPE is essential while working at height?			
		A. Safety goggles only		B. Full body harness
		C. Ear plugs		D. Cotton gloves
11	Which fall protection system helps prevent workers from falling from edges?			
		A. Safety nets		B. Guardrails
		C. Helmets		D. Safety shoes
12	What is the purpose of a safety net in work at height?			
		A. To improve visibility		B. To catch falling workers or objects
		C. To support tools		D. To reduce noise

PC-5: Define measures while working at height to reduce the risks to other persons working below (3 Marks)				
13	Which measure helps protect people working below from falling objects?			
	☐	A. Working faster	☐	B. Installing toe boards and safety nets
	☐	C. Ignoring warning signs	☐	D. Removing barriers
14	What should be done to restrict entry below a work-at-height area?			
	☐	A. Allow free movement	☐	B. Place warning signs and barricades
	☐	C. Remove supervision	☐	D. Keep the area open
15	How can tools be safely managed while working at height?			
	☐	A. Leaving tools unattended	☐	B. Throwing tools down
	☐	C. Using tool lanyards or securing tools	☐	D. Keeping tools loose
PC-6: Demonstrate Safety measures and precautions at the ground level where work is progressing at height (3 Marks)				
16	What is the primary safety measure at ground level during work at height?			
	☐	A. Allowing unrestricted entry	☐	B. Barricading the area below
	☐	C. Ignoring falling object risks	☐	D. Removing warning signs
17	Which precaution helps prevent injuries from falling objects at ground level?			

		A. Standing directly below the work area		B. Wearing safety helmets
		C. Removing PPE		D. Ignoring instructions
18	What should be ensured at ground level during overhead work?			
		A. Poor communication		B. No supervision
		C. Clear signage and restricted access		D. Open movement of workers
PC-7: Identify and enumerate causes, negligence and situations which normally lead to or may lead to accidents. (3 Marks)				
19	Which of the following is a common cause of accidents while working at height?			
		A. Proper supervision		B. Use of PPE
		C. Negligence and unsafe behaviour		D. Following procedures
20	What type of situation can lead to accidents at the workplace?			
		A. Well-maintained equipment		B. Proper training
		C. Poor housekeeping and cluttered area		D. Regular inspection
21	Which of the following is an example of negligence?			
		A. Using safety harness		B. Ignoring safety instructions
		C. Following work permit system		D. Reporting hazards
PC-8: Explain the reporting of any shortcomings, danger or incidents observed while working at height. (3 Marks)				

22	What should be the first action if a hazard is observed while working at height?			
	☐	A. Ignore it	☐	B. Continue working
	☐	C. Report it immediately to the supervisor	☐	D. Leave the site without informing
23	Why is reporting near-miss incidents important?			
	☐	A. It delays work	☐	B. It helps prevent future accidents
	☐	C. It increases workload	☐	D. It is not necessary
24	Which method is commonly used to report safety issues at the workplace?			
	☐	A. Verbal complaints only	☐	B. Ignoring procedures
	☐	C. Using incident/accident report forms	☐	D. Informing co-workers only
PC-9: Explain how to judge the stability of elevated platform visually while beginning the work (3 Marks)				
25	What should be checked first to judge the stability of an elevated platform?			
	☐	A. Colour of the platform	☐	B. Level and firm base support
	☐	C. Number of workers	☐	D. Speed of work
26	Which visual sign indicates an unstable platform?			
	☐	A. Proper guardrails	☐	B. Even surface

	☐	C. Tilting or leaning structure	☐	D. Secured connections
27	What should be ensured before starting work on an elevated platform?			
	☐	A. Platform is overloaded	☐	B. Loose or missing parts are present
	☐	C. All components are properly secured and intact	☐	D. No inspection is required
PC-10: Explain & enumerate the steps to be taken in rescue measures in case of any incident or emergency. (3 Marks)				
28	What should be the first step in case of an accident while working at height?			
	☐	A. Panic	☐	B. Ignore the situation
	☐	C. Raise alarm and inform supervisor/rescue team	☐	D. Continue working
29	Which of the following is an important rescue measure?			
	☐	A. Immediate unplanned rescue without PPE	☐	B. Using proper rescue equipment and trained personnel
	☐	C. Ignoring safety procedures	☐	D. Allowing untrained workers to assist
30	Why is it important to follow proper rescue procedures?			
	☐	A. To delay rescue	☐	B. To increase risk
	☐	C. To ensure safety of both victim and rescuers	☐	D. It is not necessary

PC: 11 Identify the provisions as per associated regulations with working at elevated platform/position. (3 Marks)				
31	Which of the following ensures compliance with safety regulations while working at height?			
	☐	A. Ignoring safety rules	☐	B. Following standard operating procedures (SOPs) and safety guidelines
	☐	C. Working without supervision	☐	D. Skipping training
32	Which document is typically required before starting work at height as per regulations?			
	☐	A. Attendance sheet	☐	B. Permit-to-work (PTW)
	☐	C. Salary slip	☐	D. Personal diary
33	Safety regulations for working at height mainly aim to:			
	☐	A. Increase workload	☐	B. Reduce productivity
	☐	C. Prevent accidents and ensure worker safety	☐	D. Avoid supervision
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; Musculoskeletal disorders; Diabetes; Use of medications causing drowsiness, delayed reaction, or cognitive impairment (3 Marks)				
34	Which of the following health conditions can make working at height unsafe?			
	☐	A. Good physical fitness	☐	B. Vertigo or dizziness

		C. Proper vision		D. Regular exercise
35	Which medical condition may lead to sudden loss of control while working at height?			
		A. Controlled diet		B. Uncontrolled epilepsy or seizures
		C. Good stamina		D. Normal blood pressure
36	Which of the following can impair judgment and reaction while working at height?			
		A. Safety training		B. Use of PPE
		C. Medications causing drowsiness		D. Proper supervision
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 Marks)				
37	Why is medical screening required before assigning work at height?			
		A. To increase workload		B. To ensure the worker is medically fit for the task
		C. To delay work		D. It is not necessary
38	What is the purpose of regular health check-ups for workers at height?			
		A. To reduce productivity		B. To identify health issues that may affect safety
		C. To increase working hours		D. To avoid supervision
39	When should medical fitness be evaluated for work at height?			

		A. Only after an accident		B. Before assignment and at regular intervals
		C. Once in a lifetime		D. Only on request
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 Marks)				
40	Under which condition should work at height be immediately stopped?			
		A. Clear weather		B. Proper supervision
		C. Adverse weather conditions (high wind, rain)		D. Use of PPE
41	Which of the following is an unsafe condition for working at height?			
		A. Proper guardrails installed		B. Valid work permit available
		C. Defective or damaged access equipment		D. Adequate supervision
42	What should be ensured before starting work at height?			
		A. Work without risk assessment		B. Missing rescue plan
		C. Complete risk assessment and approved work permit		D. Ignoring nearby electrical hazards

Assessment Evidence Form

Trainee name: **Trainee roll number:**

Centre name/ Code Date:

This is to confirm that the trainee has handed over the final job to the assessor. (For each task separate sheet can be used).

Assessor to affix photographs of the practical output (end product)

Trainee's signature:

_____

Trainee's name (please print):

_____

Assessor's signature:

_____

Assessor's name (please print):

_____

Centre Head's seal and signature:

_____

Assessment summary

Assessor's comments

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This is to confirm that the trainee has undertaken the assessment for the job role of Basics of Safety requirements in working at height

Trainee's signature:

_____

Trainee's name (please print):

_____

Assessor's signature:

_____

Assessor's name (please print):

_____

Centre Head's seal and signature:

_____

Trainee's photo ID (other than the Institute ID):

_____

Assessment completion date:

_____

Assessment Summary Sheet

Safety Skill Development Foundation Result Analysis Summary						
Batch ID						
Micro Credential Code						
Micro Credential/Code Name						
Training Centre Name & Address:						
Program Date						
Master Trainer/SME Name						
Master Assessor/SME Name						
S. No.	**Candidate Name**	**Roll No.**	**Theory (50 Marks)**	**Skills (Practical) (50 Marks)**	**Total (Theory + skills)**	**Result**
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

(Note: Passing Criteria will be overall 90% and above for Master Trainer / Master Assessor).