



## Training Courses

### Module 3: Understanding Gravitational Energy

**Risk management is an integral part of any organisation's OH&S management system. For the process to succeed, appropriate knowledge is needed.**

This course is designed to provide factual information to assist people to manage risk associated with Gravitational Energy, including:

1. **Hazard Identification** – information relating to the types and frequencies of Gravitational Energy incidents within the workplace (e.g. slips, trips and falls).
2. **Risk Assessment** – information relating to the 'reasonable consequences' associated with Gravitational Energy incidents in the workplace as well as the likelihood of those injuries.
3. **Risk Control** – information relating to effective control measures for Gravitational Energy within the workplace.



#### Outcomes of this Course

This course will help the participant to:

1. Identify Gravitational Energy as a significant source of Fatal and Non-Fatal Permanent Damage to persons in the Australian workforce.
2. Understand and identify critical issues of:
  - Falls to the same level (slips and trips), including Coefficient of Friction;
  - Falls on stairs, including critical design features of stairways;
  - Falls from ladders, including critical behaviours for use of ladders.
3. Identify tasks within their current work and home situation that have the potential to produce permanent damage from Gravitational Energy.
4. Identify control measures to reduce the likelihood of damage from Gravitational Energy into the future.



### Course Outline

- 1. Falls to Same Level – Slip**
  - Mechanism of a Slip or Fall
  - Coefficient of Friction - Introduction and Measurement
  - Recommended Values for Coefficient of Friction
- 2. Falls to Same Level – Trip**
  - Mechanism of a Trip and Fall
  - Mechanism of a Mis-Step
- 3. Falls from Height**
  - Why Do People Fall From Height?
  - Consequences of Fall From Height
- 4. Falls Using Stairways**
  - Fall Risks on Stairways
  - Critical Design Features of Stairways
  - Poor Practice Examples
- 5. Falls Using Fixed Ladders**
  - Critical Design Features of Fixed Ladders
  - Working on Fixed Ladders
- 6. Falls Using Mobile Equipment Access**
  - Falls from Trucks, Semi Trailers & Mobile Equipment
  - Critical Design Recommendations
- 7. Falls Using Portable Ladders**
  - Critical Aspects of Using Step Ladders
  - Critical Aspects of Using Straight and Extension Ladders
- 8. Falls Using Trestles**
  - Critical Aspects of Using Trestles
- 9. Situations of Interest**



### Other Energy Concepts™ Courses

This course can be built on by a range of other courses in the Energy Concepts™ series, including:

- Module 1: Understanding Permanent Personal Damage
- Module 2: Understanding Human Energy – Manual Handling
- Module 4: Understanding Vehicular Energy
- Module 5: Understanding Electrical Energy

### Next Steps

If you would like to discuss an **Energy Concepts™** course or how InterSafe could assist you please contact one of our team on:

**+61 7 3895 8111**

or [enquiries@intersafe.com.au](mailto:enquiries@intersafe.com.au)

### Who is InterSafe?

InterSafe specialises in incident investigation. InterSafe has assisted our clients in effectively controlling the future through preparation of more than 10,000 comprehensive incident reports (dealing mostly with fatal/permanently disabling occurrences) throughout 60 years of collective experience.

This experience has led to a unique way of thinking about, investigating and preventing incidents. InterSafe shares these powerful and effective investigation models and techniques through a range of courses and services.



# InterSafe

Protecting People

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