

Safety Harness Systems - Summary of Safety Requirements



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Safety harness systems should only be used once these requirements are met and approval has been given by site management.

Before putting safety harness systems in place site management must ensure:

- A safety plan including emergency procedures is developed
- More effective means of fall prevention have not been overlooked

The safety plan should be monitored by site management. It should include:

- Workers have been suitably trained in the use of harness systems
- OSH Notification of Particular Hazardous Work form has been completed for any work more than 5 metres high and a copy provided to site management before starting work
- An effective means of retrieval has been provided for in the event that a fall may result in workers suffering suspension intolerance.

A site management representative of should monitor harness use to ensure:

- Restraint systems are chosen over fall arrest systems whenever possible
- Full body harnesses are worn and only sternal (front) and dorsal (back) attachment D-rings are used for fall arrest connection
- All connecting lines, lanyards and fall arrest devices restrict free fall distances to a maximum of 2m and incorporate some type of energy absorber
- all anchorages have a load bearing capability of 15 kn (1 person)
- Workers do not attach to anchors at their feet
- All attachment hardware has double action locking mechanisms
- No more than two workers connect to an anchor (21 kn required)
- That fall arrest systems are not employed at heights with insufficient fall clearance, i.e. a 2m lanyard with shock absorber will require the anchor to be between 5.1 and 5.7 m from the level below
- All fall arrest devices are employed within 30' of vertical orientation
- Anchor lines are not employed in such a manner that may create pendulum effect
- Safety harness systems are not used in work environments that may adversely affect equipment
- All harness system equipment is in good condition and stored correctly when not in use

Managers, Site Supervisors should ensure that:

all Safety Harness Systems supplied and used on their projects comply with:

AS/NZS 1891 – Industrial Fall Arrest Systems and Devices

(OSH) Guidelines for the Provision of Facilities and General Safety in the Construction Industry

(OSH) Guidelines for the Prevention of Falls

Manufacturer's specifications

Engineer's Design specifications

Employers and Workers should ensure that:

All work practices comply with:

Health & Safety in Employment Act 1992

Health & Safety in Employment Regulations

For more information refer to:

www.osh.dol.govt.nz

www.standards.co.nz

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