



# FALL ARREST SYSTEMS

**9** CERTIFICATE CREDITS

This two day course is a mix of theory and practical based learning which is designed to provide the skills to work safely at height. The course develops the skills needed to use personal safety harness equipment while working both in restraint and arrest.

## Who Should Attend This Course?

The Fall Arrest Systems course is suitable for those planning, installing and operating fall arrest systems and supervising staff working at height.

## Course Outline

Day one of the course covers how to eliminate or isolate height hazards by using harnesses to minimise fall hazards.

Day two of the course is practical based with trainees putting what they have learnt into practice. Participants learn to assemble and disassemble a variety of horizontal, vertical and fall rescue systems using the array of equipment introduced on the previous day.

Over the two days the course examines the different types of fall protection systems available including restraint technique, fall arrest, work positioning, roped access and anchors. Participants will learn to check, fit and adjust a harness, correct methods for using ropes, slings, karabiners and other height related equipment for attaching to anchors. The course teaches both fall arrest and restraint techniques: basic knots, constructing a basic anchor point and how to set up and use a safety harness system.

## Learning Objectives

- › Identifying and controlling height hazards
- › Understanding the hazards of using a Harness System
- › Understanding how to use a Harness System and equipment
- › Inspecting and fitting a harness and lanyard
- › Setting up and using a Harness System
- › Recognising requirements and roles for rescue planning
- › Recognising suitable anchor points
- › Preparing a fall arrest system
- › Setting up and using a horizontal fall arrest system
- › Setting up and using a vertical fall arrest system
- › Dismantling a fall arrest system

## Associated Unit Standards

23229 - Use a safety harness for personal fall prevention when working at height (4 NZQA credits).

15757 - Use, install and disestablish temporary proprietary height safety systems when working at height (4 NZQA credits).

*By achieving Unit Standard 23229 (or its equivalent) is the prerequisite for anyone wanting to attain - Unit Standard 23231 - Develop a safety plan to manage risks when fall prevention strategies are required in a construction or related context, or Unit Standard 23232 - Develop a rescue plan for recovery of a suspended individual after a fall.*

## ASSESSMENT

**COMPLETED ON-COURSE**

Assessment of competency is achieved through a combination of on-course assessment of practical skills, verbal questioning and an assignment to be completed during the course by the trainees.

## On Completion Receive

- › A Silver Site Safety Card (Passport) that indicates your level of training and gives you access to site (valid for two years)
- › Fall Arrest Systems Course Certificate
- › 9 credits towards the Health and Safety in Construction programme leading towards the NZQA New Zealand Certificate in Workplace Health and Safety Practice Level 3 (40 credits required to graduate)
- › Unit Standard 23229 and 15757