



HEIGHT AND HARNESS SAFETY COURSE

6 CERTIFICATE CREDITS

The primary goal of the Height and Harness Safety course is to provide the knowledge, skills and resources to plan and work safely at height, and how to use personal safety harness equipment while working in restraint. The course is also suitable for workers using fall arrest systems under supervision.

Course Outline

The first part of the course is to eliminate or minimise height hazards by using harnesses to minimise fall risks. An interactive group workshop facilitates adult learning of basic risk management responsibilities and techniques, along with the technical requirements for scaffolds, elevating work platforms, ladders, guardrails, walkways, ramps and stairs.

The course examines the different types of fall protection systems available including restraint technique, fall arrest, work positioning, static line and anchorage systems. Course participants will then study inspection, training and record keeping requirements for lanyards and equipment used in fall protection systems. This is followed by a discussion and workshop on rescue planning for a fall arrest scenario.

The second part of the course takes place in a practical setting. Course participants will learn to check, fit and adjust a harness, correct methods for using ropes, slings and 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. Individuals then work in groups at setting up all elements of their own height systems and different workshop scenarios. Results are then peer reviewed and given a practical assessment by the instructor.

This section is linked with Unit Standard 23229 – Use a Safety Harness for Personal Fall Prevention when Working at Height.

The Unit Standard 23229 (or its equivalent) is the pre-requisite for those wanting to attain:

- › Unit Standard 15757 – Employ fall arrest systems on building and construction sites
- › Unit Standard 23231 – Develop a safety plan to manage risks when fall prevention strategies are required in a construction or related context
- › Unit Standard 23232 – Develop a rescue plan for recovery of a suspended individual after a fall

Course Objectives

- › Identify risks associated with working at height
- › Understand controls that eliminate and minimise height hazards
- › Recognise advantages and disadvantages of using different harness systems and equipment
- › Acquire skills to use personal safety harness equipment
- › Learn what's required in rescue planning and record keeping

Associated Unit Standards

Unit Standard 23229 – Use a Safety Harness for Personal Fall Prevention when Working at Height (4 NZQA credits)

ASSESSMENT

ON-COURSE ASSIGNMENT

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)
- › Height & Harness Safety Course Certificate
- › 6 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)
- › Licensed Building Practitioner's points (8 hours of training = 8 points)