

# SAFETY HARNESS SYSTEMS

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 that eliminate or minimise the fall hazard

## The Safety Plan

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

- › Workers have been suitably trained in the use of harness systems (Unit Standard 23229 & 15757).
- › WorkSafe NZ Notification of Particular Hazardous Work form has been completed for any work more than 5m high and a copy provided to site management before starting work.
- › An effective means of rescue has been provided for should a fall result in worker becoming suspended.

## Using The Harness

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

- › Restraint systems are always chosen over fall arrest systems whenever practicable.
- › 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 15KN (1 person).
- › All attachment hardware has double action locking mechanisms.
- › No more than two workers connect to an anchor (21KN required).
- › 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 5.7 and 6.0 m from the level below.
- › 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.

- › All harness system equipment is within its date of service expiry and has been inspected within the last six months. A copy of the inspection record/log is to be presented to the site management.

## Rules and Regulations

Managers, Site Supervisors should ensure all Safety Harness Systems supplied and used on their projects comply with:

- › AS/NZS 1891 – Industrial Fall Arrest Systems and Devices
- › Best Practice Guide for Working at Height
- › Manufacturer's specifications