



# SAFETY HARNESS SYSTEMS

**6** CERTIFICATE CREDITS

This one-day introductory Safety Harness Systems course has been designed to provide the knowledge, skills and resources to work safely at height when using a safety harness system under supervision.

## Who should attend this course?

The Safety Harness Systems course is suitable for anyone who is or will be using a safety harness system while working at heights.

## Course Outline

The course will give learners the opportunity to participate in interactive workshops that includes:

- › Identifying hazards and risks when working at height and control methods
- › Assessing and selecting appropriate anchors, checking, fitting, and adjusting a full body harness, inspecting equipment used in a safety harness system before using them,
- › Filling equipment logs for harnesses and lanyards used in safety harness systems
- › Practicing basic knots employed in setting up anchors or safety harness systems, different methods for using ropes, slings and karabiners, and other height related equipment for attaching to anchors
- › Practicing fall arrest and restraint techniques including basic knots, construct basic anchor points, and set up and use safety harness systems

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

## Learning Objectives

- › Identify hazards associated with working at height.
- › Understand safety harnesses and associated systems and equipment.

- › Understand hazards associated with wearing a safety harness and associated equipment.
- › Check and fit a safety harness system.
- › Understand what's required in a rescue plan to be activated in the event of a fall.
- › Employ a safety harness system where a fall hazard exists at height.

## Associated Unit Standards

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

## ASSESSMENT

## COMPLETED ON-COURSE

Assessment of competency is achieved through an on-course assessment that has an 80% verbal and practical and 20% written component. The assessments have been designed to criteria of unit standard 23229.

## On Completion Receive

- › A Site Safety Card (Passport) that indicates your level of training and gives you access to site (valid for two years)
- › Safety Harness Systems 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)
- › 8 Licensed Building Practitioner's points
- › Unit Standard 23229