



# ADVANCED SAFETY HARNESS SYSTEMS

**9** CERTIFICATE CREDITS

This two-day Advanced Safety Harness Systems course has been designed to provide the knowledge, skills and resources to work safely at height using a safety harness system, and how to supervise others when using safety harness systems at height.

## Who should attend this course?

The Advanced Safety Harness Systems course is suitable for people planning, installing and operating fall arrest systems and supervising staff working at height.

## Course Outline

The two-day 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
- › Assembling and disassembling a variety of horizontal, vertical and fall arrest systems using different equipment introduced on the day
- › Practicing a variety of rescue techniques using the array of equipment introduced and prewritten rescue plans introduced on the day

## 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
- › Prepare a fall arrest system

- › Set up and use a horizontal fall arrest system
- › Set up and use a vertical fall arrest system
- › Dismantle a fall arrest system
- › Practice rescue plan

## 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).

## 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 and 15757.

## On Completion Receive

- › A Site Safety Card (Passport) that indicates your level of training and gives you access to site (valid for two years)
- › Advanced Safety Harness 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)
- › 16 Licensed Building Practitioner points Unit Standard 23229 and 15757