Height Safety Refresher

Refresh your understanding of the legal requirements and management of proprietary height safety systems and procedures.
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This refresher course will guide you through the selection and inspection of various fall arrest systems and relevant ropes and knots. It also includes a series of practical exercises to reinforce your knowledge of the use, installation and disestablishment of proprietary height safety systems, anchor points, work positioning, restraint systems and developing and implementing a rescue plan.

If you did not complete your original training with Safety 'n Action then we may require evidence of competency

Key Learning Outcomes:

- Explain the legislative requirements and systems used for working at heights
- Demonstrate knowledge of hazards associated with wearing a safety harness and associated equipment
- Demonstrate knowledge of safety harnesses and associated systems and equipment
- Check and fit a safety harness system
- Use a safety harness system where a fall hazard exists at height
- Demonstrate knowledge of the rescue plan to be activated in the event of a fall
- Identify the common types of height safety equipment used in the workplace
- Identify suitable height work equipment and suitable anchor points for fall and arrest systems
- Install horizontal and vertical temporary proprietary height safety systems
- Use and disestablish temporary proprietary height safety systems
- Use height safety equipment and plan rescue techniques and emergency procedures for working at height
- Practical reinforcement of the knowledge and skills obtained during the training

HEIGHT SAFETY REFRESHER

<table>
<thead>
<tr>
<th>Refreshed unit standard listed</th>
<th>Description</th>
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<tbody>
<tr>
<td>17600</td>
<td>Safe work practices for working at heights</td>
</tr>
<tr>
<td>23229</td>
<td>Use a safety harness for personal fall prevention</td>
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<tr>
<td>25045</td>
<td>Employ height safety equipment in the workplace</td>
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<tr>
<td>15757</td>
<td>Use, install and disestablish proprietary fall arrest systems</td>
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</tbody>
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Course Duration: One Day (8 hours)

Availability: ✔️ Nationwide at one of our training centres
              ✔️ At your own site or workplace

For course dates and locations visit safetynaction.co.nz or call 0800 222 388
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