



Height Safety Refresher

Refresh your understanding of the legal requirements and management of proprietary height safety systems and procedures





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Refresh your understanding of the legal requirements and management of proprietary height safety systems and procedures.

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

HEIGHT SAFETY REFRESHER

Refreshed unit standard listed [*If currently held]	17600	Safe work practices for working at heights
	23229	Use a safety harness for personal fall prevention
	25045	Employ height safety equipment in the workplace
	15757	Use, install and disestablish proprietary fall arrest systems

Course Duration One Day (8 hours)

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

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
- ✓ Identify anchor points and prepare to install a temporary proprietary height safety 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