



**SAFETY<sup>TM</sup>  
ACTION**

**AXIOM  
TRAINING**

## Height Safety Introduction

Gain the essential skills to select, use, and inspect height safety equipment while mastering practical fall protection and rescue techniques.



### Capacity

12 Attendees



### 1 Day Workshop

8 Hours



### Locations

At our local training centre  
At your own site or workplace

### Overview

This course provides participants with the knowledge and practical skills required to safely work at height using safety harness systems. Learners will gain an understanding of fall hazards, harness equipment, safe work practices, and emergency response procedures to help ensure compliance with workplace safety requirements.

### Course Content

- ✓ 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

### Unit Standard

**UNIT 23229** Use a safety harness for personal fall prevention when working at height.

**Book your training today**

**0800 222 388**

[safetynaction.co.nz](http://safetynaction.co.nz)