

# Height Safety Refresher

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



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

**AXIOM  
TRAINING**



## Capacity

12 attendees



## Half Day workshop

4 hours



## Locations

At our local training centre  
At your own site or workplace

## Overview

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

## Prerequisites

Students need to have 3 months of work experience in the industry prior to doing the course.

## Course Content

- ✓ 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

**Book your training today**

**0800 222 388**

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