

Height Safety Introduction

Understand the legal requirements, systems and procedures to conduct work safely at height



**SAFETYTM
ACTION**

**AXIOM
TRAINING**



Capacity

12 Attendees



Duration

8 Hours



Locations

At our local training centre
At your own site or workplace

Overview

This course will guide you through the selection and use of different types of fall arrest equipment. It involves a number of practical scenarios including fall arrest, work positioning, restraint systems and developing a rescue plan. We also cover hazards associated with scaffolds, mobile elevated work platforms, ladders, guardrails, walkways, ramps and stairways.

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
- ✓ Use a safety harness system where a fall hazard exists at height
- ✓ Check and fit a safety harness system
- ✓ 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
- ✓ Use height safety equipment and plan rescue techniques and emergency procedures for working at height

Unit Standards

- UNIT 23229** Use a safety harness for personal fall prevention when working at height
- UNIT 25045** Employ height safety equipment in the workplace

Book your training today

0800 222 388

safetynaction.co.nz