

Height Safety (and Fall Arrest) Course

General Course info:

The Height Safety course has been designed to give trainees both the theoretical and practical knowledge and awareness for safe and effective operations at height including:

- Suspension Trauma
- identification of Hazards Associated with Different Height Work (e.g. Roofers, Scaffolders, Window Cleaners, Construction/Builders, Maintenance Workers and Inspectors)
- Hierarchy of Fall Arrest and Fall Restraint
- Fall Distances vs Forces Exerted on the Body
- Isolation of Height Hazards vs Minimisation –PPE

The course also covers a very wide range of Fall Arrest equipment it's effective use and maintenance; the need for a rescue plan, and the basic requirements for rescue in all working at height situations.

Following theoretical elements of the course, trainees then move into the practical phase. The practical component of the course covers the checking, fitting of and working in a fall arrest harness; design and set up a fall arrest system with a pre-set rescue system in place; implementation and working on a basic fall arrest system; and conducting a self rescue on a basic fall arrest system;

Course Aim: To impart knowledge and awareness of hazards at height, and set-up and working while using fall arrest systems to best effect.

The course is specifically written to include the contents of unit standards;
15757; Operate on Fall Arrest Systems on Building and Construction Sites

Elective Unit Standards (a small fee may be charged to register these extra credits)
17600; Explain Safe Work Practices for Working at Height
21969; Prepare to use Basic Safety Harness Systems on Construction Sites.



Benefits: It has been noted from trainee and industry feedback following the course, some even months after the course completion, that the individuals have improved their safety standards and productivity within their working environment. Work-rates have improved due to a combination of sound fall arrest systems knowledge, and a greater trust in the equipment while in operation. When an employee trusts their equipment, they naturally can concentrate more on the work at hand, rather than fussing over the negative thoughts of equipment failure (which is virtually unheard of especially when equipment is effectively maintained).

Duration: 2 complete days. 8am – 5pm

Pre-requisite: The trainee must not have any blood circulation issues or infections of main organs –e.g. Low blood pressure, bladder/kidney infections. **This is important** as such conditions may become more acute during the practical phase of the course. To give trainees a sound understanding of the equipment and its functions they will be put in limited body stress situations working in harnesses and being suspended for short periods. **Note:** Suspension is only for a few minutes as the average person can normally be suspended for more than 10 minutes in a fall arrest harness before any negative Suspension Trauma effects begin.

Prices: Pricing for the Fall Arrest course will depend on whether Government funding is available in support of the costs to industry participants. If additional funding is available the trainee must be either a citizen of New Zealand, Tokelau, Niue, Cook Islands or Australia (Birth Certificate, Passport or Statement of Whakapapa is required); or a permanent resident of New Zealand (Residency stamp displayed in a Passport or Letter of Residency issued by the New Zealand Immigration Service). Funding can not be provided if trainee is enrolled in secondary school or if another government organisation is paying for the course on behalf of them e.g. Work and Income.

The exact cost of the course varies in different regions of the country. Costing will be discussed on a case-by-case basis. **Please note:** *That should all trainee(s) be eligible for funding they will be enrolled on a Polytechnic course. If any of the trainee(s) are not eligible for funding or choose not to supply the required proof of citizenship/residency they will be charged based on a full rate advised at the time of negotiation. All other trainees will still be enrolled with the polytechnic.*

If you have any further queries or information requirements please do not hesitate to contact us at our office on 0508 267 637

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